



Reduce Dementia Risk by 41% with Just This Weekly Exercise

Description

A new study looks at how physical activity affects the risk of dementia. The study shows that you do not need to exercise a lot to reduce this risk.

Researchers from Johns Hopkins University found that exercising for just 35 minutes a week can lower dementia risk by 41 percent. This is compared to people who do not exercise at all.

Even small amounts of exercise help. Older people can also lower their dementia risk by moving more. Just a few minutes of exercise each week can be good for brain health.

In the study, scientists looked at data from 89,667 adults. The average age was 63 years. They used activity trackers to measure how much the participants moved.

Those who exercised 36 to 70 minutes each week had a 60 percent lower risk of dementia. For those exercising 140 minutes or more, the risk dropped by 69 percent.

The researchers say that anyone, even frail adults, can benefit from exercise. It is never too late to start moving more.

Every little bit of exercise helps, especially as we age.

Vocabulary List:

1. **Dementia** /dɪ'menʃə/ (noun): A decline in cognitive function affecting memory thinking and social abilities severely enough to interfere with daily life.
2. **Exercise** /'eksərsaɪz/ (noun/verb): Activity requiring physical effort carried out to sustain or improve health and fitness.
3. **Risk** /rɪsk/ (noun): The possibility of suffering harm or loss; a chance of adverse consequences.
4. **Researchers** /'ri:sə:rtʃəz/ (noun): Individuals who conduct studies or investigations in a particular field.
5. **Participants** /pɑ:r'tɪsəpənts/ (noun): Individuals taking part in a study experiment or competition.
6. **Beneficial** /ˌbɛnɪ'fɪəl/ (adjective): Producing good effects; advantageous; helpful.

Comprehension Questions



Multiple Choice

1. According to the study, how much exercise is needed to lower dementia risk by 41 percent?
Option: A. 20 minutes a week
Option: B. 35 minutes a week
Option: C. 50 minutes a week
Option: D. 1 hour a week
2. How much lower was the risk of dementia for those who exercised 140 minutes or more each week?
Option: A. 50 percent
Option: B. 60 percent
Option: C. 69 percent
Option: D. 80 percent
3. What was the average age of the adults in the study?
Option: A. 50 years
Option: B. 55 years
Option: C. 60 years
Option: D. 63 years
4. How many adults' data did the scientists look at in the study?
Option: A. 50,567
Option: B. 75,943
Option: C. 89,667
Option: D. 100,000
5. How much lower was the dementia risk for those who exercised 36 to 70 minutes each week?
Option: A. 40 percent
Option: B. 50 percent
Option: C. 60 percent
Option: D. 70 percent
6. According to the researchers, who can benefit from exercise?
Option: A. Only young adults
Option: B. Only older adults
Option: C. Anyone
Option: D. Frail adults only



True-False

- 7. Exercising for just a few minutes a week does not help lower dementia risk.
- 8. The study was conducted by researchers from Harvard University.
- 9. The average age of the adults in the study was 60 years.
- 10. Moving more can help older people lower their dementia risk.
- 11. The study used activity trackers to measure participants' movements.
- 12. The researchers mentioned that it is never too late to start exercising.

Gap-Fill

- 13. According to the study, exercising for 36 to 70 minutes each week can lower dementia risk by _____ percent.
- 14. The risk of dementia dropped by 69 percent for those who exercised _____ minutes or more each week.
- 15. The researchers looked at data from _____ adults for the study.
- 16. The average age of the participants in the study was _____ years.
- 17. According to the researchers, it is never too late to start _____ more.
- 18. Even frail adults can benefit from _____.

Answer

Multiple Choice: 1. B. 35 minutes a week 2. C. 69 percent 3. D. 63 years 4. C. 89,667 5. C. 60 percent 6. C. Anyone

True-False: 7. False 8. False 9. False 10. True 11. True 12. True

Gap-Fill: 13. 60 14. 140 15. 89,667 16. 63 17. moving 18. exercise



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the distance around a circle called?
Option: Radius
Option: Diameter
Option: Circumference
Option: Area
2. Which type of food should be limited in a healthy diet?
Option: Fresh
Option: Processed
Option: Organic
Option: Homemade
3. What is physical activity done to improve health called?
Option: Break
Option: Exercise
Option: Rest
Option: Diet
4. What is the possibility of something bad happening called?
Option: Award
Option: Risk
Option: Reward
Option: Challenge
5. Which type of factors are inherited from parents?
Option: Environmental
Option: Genetic
Option: Lifestyle
Option: Dietary
6. What term describes a person who is significantly overweight?
Option: Underweight
Option: Obese
Option: Athletic
Option: Average
7. What term refers to a range of different things?



- Option: Uniformity
- Option: Diversity
- Option: Similarity
- Option: Consistency

8. What are the activities related to selling products or services?

- Option: Production
- Option: Sales
- Option: Innovation
- Option: Distribution

9. What is the total number of people living in a specific area?

- Option: Traffic
- Option: Population
- Option: Immigration
- Option: Territory

10. What encompasses the social behavior and norms of a specific group?

- Option: Music
- Option: Culture
- Option: Science
- Option: Sport

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Education is _____ for personal growth and development.
12. Due to climate change the frequency of extreme weather events is _____.
13. The system can perform _____ updates without user intervention.
14. Developing good study _____ can improve academic performance.
15. Regular exercise provides numerous health _____.
16. Excessive workload can lead to high levels of _____.
17. People _____ festivals to mark special occasions.
18. Setting an alarm is a useful _____ to wake up on time.



19. Online shopping offers the _____ of shopping from home.
20. Hard work is often recognized with _____ and promotions.
21. It is important to _____ junk food consumption.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

22. Scientists who conduct experiments and studies to expand knowledge in their field.
23. Individuals involved in a research study or an event.
24. Eating fruits and vegetables is for overall health.
25. The disappearance of a species from the Earth.
26. Evaluating similarities and differences between two or more things.
27. Remnants or impressions of ancient organisms preserved in rock.
28. A decline in cognitive function beyond normal aging.
29. The way in which two or more people or things are connected.
30. A series of actions or steps taken to achieve a particular result.
31. A feeling of emotional or physical tension.

Answer

Multiple Choice: 1. Circumference 2. Processed 3. Exercise 4. Risk 5. Genetic 6. Obese 7. Diversity 8. Sales 9. Population 10. Culture

Gap-Fill: 11. Important 12. Increasing 13. Automatic 14. Habits 15. Benefits 16. Stress 17. Celebrate 18. Reminder 19. Convenience 20. Rewards 21. Limit

Matching sentence: 1. Researchers 2. Participants 3. Beneficial 4. Extinction 5. Comparison 6. Fossil 7. Dementia 8. Relationship 9. Process 10. Stress

CATEGORY

1. Health - LEVEL1

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