

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** /dɪˈmɛnʃə/ (noun): A decline in cognitive function affecting memory thinking and social abilities severely enough to interfere with daily life.
- 2. **Exercise** /'ɛksərˌsaɪz/ (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:s3:rtʃərz/ (noun): Individuals who conduct studies or investigations in a particular field.
- 5. Participants /pg:r'tɪsəpənts/ (noun): Individuals taking part in a study experiment or competition.
- 6. Beneficial /ˌbɛnɪˈfɪ[əl/ (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

NEWS.COM 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

Gap-Fill	
13. According to the study, exercising for 36 to 70 minutes each week can lower dem percent.	nentia risk by
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 stud	y.
16. The average age of the participants in the study was ye	ears.
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

ESL-NEWS.CO 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 nume	rous health	
16. Excessive workload can lead to h	nigh 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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