



---

## Sixty and Strong: Eleven Exercises for Full-Body Fitness

### Description

Suzi Jalowsky, a fitness coach from the UK, believes the best workout is one people can sustain over time. At 60 years old, she prefers simple strength exercises that need just dumbbells or her body weight. She has shared a key 30-minute workout she does three times a week, focusing on full-body strength.

Suzi says, "These strength days are important for me." She combines weight workouts with daily walks to ensure she stays strong and healthy. Her approach is straightforward and effective. This method keeps her feeling good throughout the day.

Daniel Booth, a high-performance coach, supports Suzi's views. He explains that her workouts cover all main muscle groups. They include movements like squats and twists, which help maintain good mobility and strength as people age.

Suzi's routine of strength training and walking is good for anyone over 60. It helps build strength and keeps the body functioning well in later life. Her simple method shows that consistency is vital for achieving fitness goals and feeling better overall.

---

### Vocabulary List:

1. **sustain** //sə'steɪn// (verb): to keep something going over a long time
2. **mobility** //məʊ'bɪlɪti// (noun): ability to move the body easily and freely
3. **consistency** //kən'sɪstənsi// (noun): doing something the same way, regularly over time
4. **approach** //ə'prəʊtʃ// (noun): a way of doing or thinking about something
5. **effective** //ɪ'fektɪv// (adjective): working well and producing the wanted result
6. **vital** //ˈvaɪtəl// (adjective): extremely important for a person or thing

## Comprehension Questions

### Multiple Choice

1. What is Suzi Jalowsky's profession?

Option: Yoga Instructor

Option: Fitness Coach



- 
- Option: Nutritionist
  - Option: Personal Trainer

2. At what age does Suzi believe simplicity in workouts is important?

- Option: 50
- Option: 55
- Option: 60
- Option: 65

3. How often does Suzi perform her key workout?

- Option: Once a week
- Option: Twice a week
- Option: Three times a week
- Option: Every day

4. What type of exercises does Suzi focus on?

- Option: Cardio exercises
- Option: Strength exercises
- Option: Flexibility exercises
- Option: Endurance exercises

5. Which of the following movements is included in Suzi's workout?

- Option: Burpees
- Option: Jumping Jacks
- Option: Squats
- Option: Lunges

6. What additional activity does Suzi combine with her strength workouts?

- Option: Yoga
- Option: Daily walks
- Option: Swimming
- Option: Cycling

### True-False

7. Suzi Jalowsky believes complicated workouts are the best.

8. Daniel Booth agrees with Suzi about the importance of covering all muscle groups.



- 
9. Suzi does her workout only once a week.
  10. Suzi's method highlights the importance of consistency in fitness.
  11. Suzi prefers workouts that require a variety of equipment.
  12. Strength training is beneficial for individuals over 60 according to Suzi.

### Gap-Fill

13. Suzi's key workout lasts \_\_\_\_\_ minutes.
14. Suzi is \_\_\_\_\_ years old.
15. Her workouts focus on full-body \_\_\_\_\_ strength.
16. Suzi's approach is considered \_\_\_\_\_ and effective.
17. Suzi combines her workouts with daily \_\_\_\_\_ to stay healthy.
18. Daniel Booth explains that Suzi's workouts maintain good \_\_\_\_\_ and strength.

### Answer

**Multiple Choice:** 1. Fitness Coach 2. 60 3. Three times a week 4. Strength exercises 5. Squats 6. Daily walks  
**True-False:** 7. False 8. True 9. False 10. True 11. False 12. True  
**Gap-Fill:** 13. 30 14. 60 15. body 16. straightforward 17. walks 18. mobility

### Vocabulary quizzes

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

1. What is primarily associated with providing care to others?  
Option: Business management  
Option: Caregiving  
Option: Engineering  
Option: Education



- 
2. Which term describes a response of the body that can cause redness, swelling, and heat?
- Option: Asymptomatic
  - Option: Inflammatory
  - Option: Chronic
  - Option: Acute
3. Which term refers to the ability to move freely and easily?
- Option: Stability
  - Option: Mobility
  - Option: Immobility
  - Option: Rigidity
4. What molecule is crucial in the photosynthesis process as an electron carrier?
- Option: NADH
  - Option: ATP
  - Option: NADPH
  - Option: FADH<sub>2</sub>
5. What process do plants use to convert light energy into chemical energy?
- Option: Respiration
  - Option: Photosynthesis
  - Option: Fermentation
  - Option: Transpiration
6. Which hormone is often released in response to stress?
- Option: Oxytocin
  - Option: Adrenaline
  - Option: Cortisol
  - Option: Insulin
7. Who studies the structure and function of the nervous system?
- Option: Psychologist
  - Option: Neuroscientist
  - Option: Biologist
  - Option: Chemist
8. What term describes a general direction in which something is developing or changing?
- Option: Trend
  - Option: Change
  - Option: Static
  - Option: Stability



9. Which of the following is a method used to assess understanding by filling in blanks?

- Option: Essay
- Option: Multiple Choice
- Option: Gap Fill
- Option: True/False

10. What term describes something that successfully produces a desired result?

- Option: Ineffective
- Option: Effective
- Option: Counterproductive
- Option: Unproductive

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

11. To meet the needs of the present without compromising the ability of future generations to

\_\_\_\_\_ their own needs is a definition of sustainability.

12. Certain species have \_\_\_\_\_ to their environments to improve their chances of survival.

13. Cell \_\_\_\_\_ control the movement of substances in and out of the cell.

14. In order to see progress, it's important to maintain \_\_\_\_\_ in your daily habits.

15. The program \_\_\_\_\_ participants to be active and engage in healthier lifestyles.

16. The new policy has \_\_\_\_\_ improved employee satisfaction across the board.

17. As temperatures drop, certain materials \_\_\_\_\_ in size.

18. The scientists conducted an \_\_\_\_\_ to test their hypothesis on cell growth.

19. The \_\_\_\_\_ between a parent and child is vital for healthy development.

20. Developing good \_\_\_\_\_ early on can lead to lasting success.

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



21. Communication is considered vital for team success and collaboration.
22. Microorganisms play an essential role in various ecosystems.
23. When facing challenges, a well-thought-out approach can lead to effective solutions.
24. Infrasound refers to sound waves that are below the audible range of human hearing.
25. Thylakoids are membrane-bound structures found in chloroplasts where photosynthesis occurs.
26. Many species of birds were observed nesting in the trees during the spring.
27. A noticeable trend in technology is the increasing use of artificial intelligence.
28. Caregiving requires patience and compassion to effectively support others.
29. Cortisol levels in the body can affect stress response and mood.
30. An effective marketing campaign can significantly boost sales and brand awareness.

## Answer

**Multiple Choice:** 1. Caregiving 2. Inflammatory 3. Mobility 4. NADPH 5. Photosynthesis 6. Cortisol  
7. Neuroscientist 8. Trend 9. Gap Fill 10. Effective

**Gap-Fill:** 11. sustain 12. adapted 13. membranes 14. consistency 15. encourages 16. significantly 17.  
shrinks 18. experiment 19. bond 20. habits

**Matching sentence:** 1. vital 2. micro 3. approach 4. infrasound 5. thylakoids 6. observed 7. trend 8. caregiving  
9. cortisol 10. effective

## CATEGORY

1. Health - LEVEL2

## POST TAG

1. A2
2. ESL learning
3. esl news
4. exercises
5. full-body strength
6. I'm 60 and still getting stronger
7. Level 2

## Tags



1. A2
2. ESL learning
3. esl news
4. exercises
5. full-body strength
6. I'm 60 and still getting stronger
7. Level 2

**Date Created**

2026/06/04

**Author**

aimeeyoung99

ESL-NEWS.COM