



Standing Exercises to Reduce Belly Fat After 60, Says Coach

Description

One important factor in maintaining a healthy body is consistent exercise, particularly for those over 60. A lifestyle coach has shared four standing exercises that can engage the deep core muscles, which may help reduce stubborn belly fat when combined with a nutritious diet.

According to Terry Tateossian, a certified lifestyle medicine coach, achieving results does not necessarily require weight lifting. Tateossian suggests that managing nutrition is crucial for controlling body fat throughout the body. She emphasizes that consuming a balanced diet of protein, carbohydrates, and fats is vital, as one cannot target fat loss in specific areas. Instead, fat tends to reduce overall, with the belly often being the last area to show changes.

She explains that many traditional exercises, like hip thrusts and Romanian deadlifts, do not specifically target the low core muscles. While these exercises stabilize the core, they do not strengthen it directly.

Belly fat can become more common with age due to hormonal changes and shifts in fat distribution. Tateossian notes that without lifestyle adjustments during midlife, individuals may find themselves gaining weight around the belly, making it essential to adopt preventive habits as one ages.

Tateossian provides several exercises for engaging the core: Standing Straight Leg Raises, Standing Marches with a Band, Overhead Reach with a Pilates Ball, and Diagonal Chops. These movements are designed to be effective at any age and should be complemented by a protein-rich diet.

Vocabulary List:

1. **consistent** //kən'sɪstənt// (adjective): happening again and again in the same way
2. **engage** //ɛn'geɪdʒ// (verb): make muscles start to work or become active
3. **nutritious** //nu'trɪʃəs// (adjective): full of vitamins and good for your health
4. **stabilize** //stə'beɪlə,zaɪ// (verb): keep something steady and stop it moving
5. **hormonal** //hɔr'moʊnəl// (adjective): related to body chemicals that change how you function
6. **distribution** //,dɪstrə'bjʊ:ʃən// (noun): how something is spread over different parts

Comprehension Questions



Multiple Choice

1. What is one important factor in maintaining a healthy body for those over 60?
Option: Weight lifting
Option: Consistent exercise
Option: High sugar diet
Option: Sedentary lifestyle
2. How many standing exercises does Terry Tateossian recommend for engaging deep core muscles?
Option: Three
Option: Four
Option: Five
Option: Six
3. Which of the following is NOT mentioned as a traditional exercise?
Option: Hip thrusts
Option: Squats
Option: Romanian deadlifts
Option: Core stabilization
4. What does Tateossian emphasize as vital for a balanced diet?
Option: Only protein
Option: Only carbohydrates
Option: Protein, carbohydrates, and fats
Option: Fats only
5. What area is often the last to show changes when losing fat?
Option: Arms
Option: Belly
Option: Thighs
Option: Face
6. What should be complemented with a protein-rich diet according to Tateossian?
Option: High sugar intake
Option: Standing exercises
Option: Weight lifting
Option: Cardio only



True-False

7. Tateossian states that managing nutrition is crucial for controlling body fat.
8. Belly fat is less common with age due to hormonal changes.
9. One cannot target fat loss in specific areas according to Tateossian.
10. Lifestyle adjustments during midlife can lead to weight gain around the belly.
11. The exercises recommended by Tateossian are ineffective for people over 60.
12. Consistent exercise is not important for healthy aging.

Gap-Fill

13. Achieving results does not necessarily require _____.
14. Belly fat tends to reduce overall, with the belly often being the last area to show _____.
15. Tateossian provides several exercises for engaging the core, including Standing Straight Leg Raises, Standing Marches with a Band, and _____.
16. Many traditional exercises do not specifically target the _____ core muscles.
17. Preventive habits are essential to adopt as one _____.
18. A balanced diet of protein, carbohydrates, and _____ is vital according to Tateossian.

Answer

Multiple Choice: 1. Consistent exercise 2. Four 3. Squats 4. Protein, carbohydrates, and fats 5. Belly 6. Standing exercises

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

Gap-Fill: 13. weight lifting 14. changes 15. Overhead Reach with a Pilates Ball 16. low 17. ages 18. fats



Vocabulary quizzes

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

1. What term is used to describe something that has been made dirty or unclean?
Option: Contaminated
Option: Processed
Option: Purified
Option: Sterilized
2. Which of the following is commonly used to kill bacteria and viruses on surfaces?
Option: Disinfectant
Option: Moisturizer
Option: Antibiotic
Option: Astringent
3. What type of agent helps to prevent the growth of microorganisms?
Option: Antimicrobial
Option: Analgesic
Option: Antipyretic
Option: Antiseptic
4. What term describes a system that can grow in size or capacity?
Option: Scalable
Option: Static
Option: Limited
Option: Fixed
5. What verb means to imitate or replicate the behavior or appearance of something?
Option: Mimic
Option: Modify
Option: Create
Option: Inhibit
6. What term refers to surface structures at the nano-scale used to enhance material properties?
Option: Nanotextured
Option: Textured
Option: Smooth
Option: Polished
7. What is the professional title of a doctor who specializes in skin conditions?



- Option: Dermatologist
- Option: Pediatrician
- Option: Oncologist
- Option: Cardiologist

8. What is the term for a type of cancer that starts in the skin or tissues that line organs?

- Option: Carcinoma
- Option: Sarcoma
- Option: Leukemia
- Option: Melanoma

9. Which type of skin cancer arises from melanocytes, the cells that produce pigment?

- Option: Basal Cell Carcinoma
- Option: Squamous Cell Carcinoma
- Option: Melanoma
- Option: Melanocyte

10. What is the process of discovering or identifying something called?

- Option: Detection
- Option: Prevention
- Option: Isolation
- Option: Amplification

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

11. Adequate sleep is crucial for maintaining overall health and well-being.

12. The evidence will warrant further investigation into the matter.

13. Insulin is a hormone that regulates blood sugar levels in the body.

14. Scientists are working to reverse the effects of aging through various studies.

15. The endocrine system regulates various body functions through hormone secretion.

16. Exercise plays a key role in boosting a person's metabolism.

17. The brain has complex neural pathways that govern behavior and thought.

18. The hindbrain controls many vital functions such as heartbeat and breathing.



19. Certain legumes contain lectin, which can affect nutrient absorption.
20. Mucus serves as a protective barrier in the respiratory and digestive systems.

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

21. The skin serves as a barrier between the internal body and external environment.
22. The security system was breached, exposing sensitive information.
23. Galactose is a simple sugar that is part of lactose, found in milk.
24. Some bacteria have become resistant to commonly used antibiotics.
25. The results were consistent across multiple trials, confirming the hypothesis.
26. Teachers aim to engage students through interactive learning methods.
27. A balanced diet consists of nutritious foods that provide essential vitamins.
28. Stabilizing the mixture requires careful control of temperature and pressure.
29. Hormonal changes during puberty significantly affect growth and mood.
30. The distribution of resources can impact economic equality.

Answer

Multiple Choice: 1. Contaminated 2. Disinfectant 3. Antimicrobial 4. Scalable 5. Mimic 6. Nanotextured
7. Dermatologist 8. Carcinoma 9. Melanoma 10. Detection

Gap-Fill: 11. 12. 13. 14. 15. 16. 17. 18. 19. 20.

Matching sentence: 1. barrier 2. breached 3. galactose 4. resistant 5. consistent 6. engage 7. nutritious
8. stabilize 9. hormonal 10. distribution

CATEGORY

1. Health - LEVEL5

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