



Standing Exercises to Reduce Belly Pooch After 60

Description

Standing exercises can help people over 60 strengthen their core and reduce belly fat. Many believe that high-intensity workouts burn more calories, but simple standing moves can also produce good results.

Lifestyle coach Terry Tateossian, founder of THOR – The House of Rose, shared four effective standing exercises that benefit the core. She emphasizes that diet is important too. A healthy balance of proteins, carbs, and fats can help manage belly fat. However, people cannot lose fat from only one part of their body.

As people age, they often gain fat around their bellies because of hormonal changes. This can happen if they do not adjust their lifestyle as they get older. Tateossian explains that, without changes, they may struggle against natural ageing effects.

Her recommended exercises focus on engaging deep core muscles. Exercises like standing leg raises and diagonal chops can help strengthen the abs when combined with healthy eating. These exercises are simple and do not require weights.

With regular practice and a nutritious diet, older adults can achieve a flatter belly and improve their overall health.

Vocabulary List:

1. **strengthen** //ˈstreŋθən// (verb): make stronger or increase physical power
2. **core** //kɔːr// (noun): muscles around the middle of body
3. **reduce** //rɪˈdus// (verb): make smaller in amount or size
4. **effective** //ɪˈfektɪv// (adjective): works well and gives good results
5. **hormonal** //hɔːrˈmɒnəl// (adjective): relating to chemicals produced in body
6. **nutritious** //nuˈtrɪʃəs// (adjective): full of the food needed for health

Comprehension Questions

Multiple Choice

1. What age group can benefit from standing exercises?



- Option: Under 30
- Option: 30-40
- Option: Over 60
- Option: All ages

2. Who is Terry Tateossian?

- Option: A nutritionist
- Option: A fitness coach
- Option: A wellness author
- Option: A lifestyle coach

3. What does Terry Tateossian emphasize about diet?

- Option: It is secondary to exercise
- Option: It is important for managing belly fat
- Option: It should be low in calories
- Option: It should consist only of proteins

4. Which of the following exercises is recommended?

- Option: Push-ups
- Option: Standing leg raises
- Option: Squats
- Option: Crunches

5. What is a common reason people over 60 gain belly fat?

- Option: Increased physical activity
- Option: Hormonal changes
- Option: Improved diet
- Option: Genetics only

6. What do the recommended exercises target?

- Option: Leg muscles
- Option: Arm strength
- Option: Core muscles
- Option: Chest muscles

True-False

7. High-intensity workouts are the only way to burn calories.



8. Tateossian's exercises require weights to be effective.
9. People can lose fat from specific areas of their body.
10. Simple standing moves can produce good results for older adults.
11. Diet has no impact on managing belly fat.
12. Older adults can achieve a flatter belly with regular practice and a nutritious diet.

Gap-Fill

13. Many believe that high-intensity workouts burn more calories, but simple standing moves can also produce good _____.
14. A healthy balance of proteins, carbs, and fats can help manage belly _____.
15. As people age, they often gain fat around their _____ because of hormonal changes.
16. Exercises like standing leg raises and diagonal chops can help strengthen the _____.
17. Without changes to their lifestyle, people may struggle against natural _____ effects.
18. With regular practice and a nutritious diet, older adults can achieve a _____ belly.

Answer

Multiple Choice: 1. Over 60 2. A lifestyle coach 3. It is important for managing belly fat 4. Standing leg raises 5. Hormonal changes 6. Core muscles

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

Gap-Fill: 13. results 14. fat 15. bellies 16. abs 17. ageing 18. flatter

Vocabulary quizzes

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



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1. What are microorganisms that can cause disease in living organisms?
Option: Bacteria
Option: Viruses
Option: Fungi
Option: Parasites
 2. Which of the following is used to kill bacteria and viruses on surfaces?
Option: Antibiotics
Option: Disinfectants
Option: Antiseptics
Option: Vaccines
 3. What term is used to describe bacteria that do not respond to antibiotics?
Option: Sensitive
Option: Vulnerable
Option: Resistant
Option: Infectious
 4. What chemical substance transmits signals across a synapse between neurons?
Option: Neurotransmitter
Option: Hormone
Option: Protein
Option: Enzyme
 5. What condition is characterized by hearing ringing or buzzing in the ears?
Option: Hearing Loss
Option: Tinnitus
Option: Ear Infection
Option: Vertigo
 6. Which system is responsible for digestion and absorption of nutrients?
Option: Nervous System
Option: Respiratory System
Option: Circulatory System
Option: Gastrointestinal System
 7. What accumulations in the brain are often associated with Alzheimer's disease?
Option: Cysts
Option: Tumors
Option: Plaques
Option: Lesions



8. What structural component helps maintain cell shape and transport within neurons?

Option: Mitochondria

Option: Microtubules

Option: Ribosomes

Option: Nuclei

9. What are the signs indicating the presence of a disease or condition?

Option: Treatment

Option: Symptoms

Option: Diagnosis

Option: Prevention

10. What type of response is the body's method of fighting injuries or infections?

Option: Inflammatory

Option: Antibiotic

Option: Antigen

Option: Viral

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

11. Viruses can invade _____ and reproduce within them.

12. It is important to use _____ to prevent infection in healthcare settings.

13. Some bacteria develop _____ to protect themselves against antibiotics.

14. Dopamine is a type of _____ that plays a key role in mood regulation.

15. Patients with _____ often experience hearing ringing or buzzing sounds.

16. The _____ tract plays a crucial role in digestion and nutrient absorption.

17. Amyloid _____ are linked to Alzheimer's disease and interfere with neuron function.

18. _____ are essential for maintaining the shape of neurons.

19. Fever and fatigue are common _____ of infection.

20. An _____ response is often seen in autoimmune diseases.



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

21. Viruses are smaller than bacteria and require a host to multiply.
22. Disinfectants are crucial for maintaining hygiene in medical facilities.
23. Antibiotic-resistant strains of bacteria pose a significant public health challenge.
24. Neurotransmitters are essential for sending signals between nerve cells.
25. Tinnitus can be caused by exposure to loud noises over time.
26. The gastrointestinal system includes the esophagus, stomach, and intestines.
27. Plaques can build up in the brain and disrupt normal cognitive function.
28. Microtubules are vital for cell division and maintaining cell structure.
29. Recognizing the symptoms early can improve treatment outcomes.
30. Inflammatory responses are essential for healing but can also cause damage if excessive.

Answer

Multiple Choice: 1. Viruses 2. Disinfectants 3. Resistant 4. Neurotransmitter 5. Tinnitus 6. Gastrointestinal System 7. Plaques 8. Microtubules 9. Symptoms 10. Inflammatory

Gap-Fill: 11. host cells 12. disinfectants 13. resistance 14. neurotransmitter 15. tinnitus 16. gastrointestinal 17. plaques 18. Microtubules 19. symptoms 20. inflammatory

Matching sentence: 1. viruses 2. disinfectants 3. resistant 4. neurotransmitter 5. tinnitus 6. gastrointestinal 7. plaques 8. microtubules 9. symptoms 10. inflammatory

CATEGORY

1. Health - LEVEL2

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7. standing exercises

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