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## 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.

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### 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

### CATEGORY

1. Health - LEVEL2

### POST TAG

1. after 60
2. belly pooch
3. ESL learning



4. esl news
5. fitness
6. Level 2
7. standing exercises

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