



Surgery for Height Backfires: A Nightmare Transformation

Description

Title: New Study Finds Benefits of Regular Exercise in Older Adults

A recent study conducted by researchers from the University of Cambridge has found that regular exercise can help older adults stay healthy and independent.

The study involved over 1,000 participants aged 65 and older. They were divided into two groups - one group that engaged in regular physical activity like walking, swimming, or cycling, and another group that did not. The researchers monitored the participants' health over a two-year period.

The results showed that those who engaged in regular exercise were less likely to experience health problems such as heart disease, diabetes, and high blood pressure. They also had better mental health and were able to perform daily tasks more effectively.

Lead researcher Dr. Smith highlighted the importance of staying active as we age. He stated, "Regular exercise not only benefits physical health but also plays a crucial role in maintaining cognitive function and overall well-being in older adults."

The findings of this study support the importance of incorporating exercise into daily routines, even for older adults. Dr. Smith recommended at least 30 minutes of moderate exercise five times a week to maintain good health.

In conclusion, staying active through regular exercise can significantly improve the overall health and well-being of older adults. It is never too late to start incorporating physical activity into daily life.

Vocabulary List:

1. **Independence** /ˌɪndɪˈpɛndəns/ (noun): The state of being free from outside control; self-governance.
2. **Engaged** /ɪnˈɡeɪdʒd/ (verb): Participated or involved oneself in an activity.
3. **Physical** /ˈfɪzɪkəl/ (adjective): Relating to the body rather than the mind.
4. **Cognitive** /ˈkɒɡnɪtɪv/ (adjective): Relating to the mental processes of perception memory judgment and reasoning.
5. **Well-being** /wɛlˈbiːɪŋ/ (noun): The state of being comfortable healthy or happy.
6. **Incorporating** /ɪnˈkɔːrpeɪtɪŋ/ (verb): Including something as part of a whole.

Comprehension Questions



Multiple Choice

1. What was the main objective of the study conducted by researchers from the University of Cambridge?
Option: A. To evaluate the impact of diet on older adults
Option: B. To examine the benefits of social interactions in older adults
Option: C. To assess the effects of regular exercise on older adults
Option: D. To study the sleep patterns of older adults

2. How many participants were involved in the study?
Option: A. 500 participants
Option: B. Over 1,000 participants
Option: C. 2,000 participants
Option: D. Less than 100 participants

3. Which activities were considered as part of regular physical activity in the study?
Option: A. Dancing and gardening
Option: B. Cooking and reading
Option: C. Walking swimming or cycling
Option: D. Watching TV and napping

4. According to the study what health problems were older adults engaging in regular exercise less likely to experience?
Option: A. Joint pain and fatigue
Option: B. Vision problems and hearing loss
Option: C. Heart disease diabetes and high blood pressure
Option: D. Skin issues and allergies

5. What did lead researcher Dr. Smith emphasize regarding the importance of exercise in older adults?
Option: A. It leads to increased spending on healthcare
Option: B. It is only beneficial for physical health
Option: C. It is not necessary for overall well-being
Option: D. It maintains cognitive function and overall well-being

6. How often did Dr. Smith recommend engaging in moderate exercise to maintain good health?
Option: A. 15 minutes a day
Option: B. 1 hour a day
Option: C. 30 minutes five times a week
Option: D. 2 hours three times a week



Answer

Multiple Choice: 1. C. To assess the effects of regular exercise on older adults 2. B. Over 1,000 participants 3. C. Walking swimming or cycling 4. C. Heart disease diabetes and high blood pressure 5. D. It maintains cognitive function and overall well-being 6. C. 30 minutes five times a week

Vocabulary quizzes

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

1. What is emphasized to promote the intake of nutrients?
Option: Regular exercise
Option: Moderate consumption
Option: Irregular habits
Option: Skipping meals
2. Which substances help protect cells from damage caused by free radicals?
Option: Sugars
Option: Antioxidants
Option: Preservatives
Option: Artificial colors
3. Which organ is primarily responsible for detoxifying the body?
Option: Lungs
Option: Heart
Option: Liver
Option: Kidneys
4. What can exposure to pathogens lead to in the body?
Option: Inflammation
Option: Protection
Option: Vaccination
Option: Infection
5. What proactive measure is crucial for early disease identification and treatment?
Option: Detection
Option: Prevention
Option: Neglect
Option: Suppression



6. What principle suggests avoiding excess or extremes?

- Option: Moderation
- Option: Abstinence
- Option: Indulgence
- Option: Escapism

7. What is crucial for maintaining physical and mental well-being?

- Option: Sedentary lifestyle
- Option: Regular exercise
- Option: Inactivity
- Option: Exhaustion

8. What approach involves taking action to prevent potential issues?

- Option: Reactive
- Option: Proactive
- Option: Passive
- Option: Resistant

9. What type of thinking leads to the development of new ideas and methods?

- Option: Traditional
- Option: Innovative
- Option: Obsolete
- Option: Conventional

10. What word describes effects or activities that promote well-being?

- Option: Harmful
- Option: Beneficial
- Option: Detrimental
- Option: Destructive

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

11. Engaging in physical activity _____ can improve overall health.

12. Maintaining a sense of _____ is essential for personal growth.

13. In cases of organ failure a _____ may be necessary for survival.

14. It is widely _____ that prevention is better than cure.

15. Showing genuine _____ for others can strengthen relationships.



16. Providing _____ to someone in distress can offer comfort.
17. _____ healthy foods into your diet is key to a balanced nutrition plan.
18. Medical professionals follow strict _____ for patient care.
19. The importance of education _____ the value of knowledge.
20. Each individual has the ability to _____ positively to society.

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

21. Incorporating exercise and healthy habits contributes to overall .
22. Stimulating activities can enhance function and prevent decline.
23. The transplant was successful restoring the patient's voice.
24. Regular exercise has a impact on cardiovascular health.
25. Early detection is crucial for effective treatment of chronic .
26. Ensuring safety is a top for healthcare providers.
27. Being in social activities can improve mental well-being.
28. Antioxidants help cells from oxidative stress.
29. Taking a approach to health can prevent future complications.
30. Consuming alcohol in is key to overall health.

Answer

Multiple Choice: 1. Moderate consumption 2. Antioxidants 3. Liver 4. Infection 5. Detection 6. Moderation 7. Regular exercise 8. Proactive 9. Innovative 10. Beneficial

Gap-Fill: 11. Regularly 12. Independence 13. Transplant 14. Acknowledged 15. Concern 16. Reassurance 17. Incorporating 18. Protocols 19. Emphasizes 20. Contribute

Matching sentence: 1. Well-being 2. Cognitive 3. Laryngeal 4. Significant 5. Disease 6. Priority 7. Engaged 8. Protect 9. Proactive 10. Moderation



CATEGORY

1. Health - LEVEL3

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