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## 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.

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### Vocabulary List:

1. **Independence** /,ɪndɪ'pɛndəns/ (noun): The state of being free from outside control; self-governance.
2. **Engaged** /ɪn'geɪdʒd/ (verb): Participated or involved oneself in an activity.
3. **Physical** /'fɪzɪkəl/ (adjective): Relating to the body rather than the mind.
4. **Cognitive** /'kɒgnɪtɪv/ (adjective): Relating to the mental processes of perception memory judgment and reasoning.
5. **Well-being** /'wel'bɪ:ɪŋ/ (noun): The state of being comfortable healthy or happy.
6. **Incorporating** /ɪn'kɔ:rpəreɪtɪŋ/ (verb): Including something as part of a whole.

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### 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

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## 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



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## CATEGORY

1. Health - LEVEL3

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