

Top 3 Longevity Exercises for Living Longer, Better

Description



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If a better life is what you seek, then adding strength training to your agenda is paramount, as advised by esteemed personal trainer Ollie Thompson. Strengthening your muscles is key to maintaining vibrancy, independence, and warding off diseases as you age. Thompson, the mastermind behind [Welltolead](#), underscores the often-underestimated benefits of muscle health.

Resistance training, according to Thompson, is a cornerstone for long-term health, enhancing not only physical strength and mobility but also metabolic functions, cardiovascular wellness, hormonal balance, bone density, and immune resilience.



To fortify your strength, Thompson advocates these top three gym exercises tailored for longevity:

1. Assisted chin-up
2. Bulgarian split squat
3. Farmer's carry

These exercises, when combined, not only build muscle across the body but also enhance joint health, balance, coordination, and posture.

In the quest for longevity, resistance training reigns supreme, yet cardiovascular exercises should not be sidelined. Such activities bolster heart health, mitochondrial function, and reduce the risk of numerous diseases.

Thompson champions a dual approach: embrace both low-intensity cardio and brief high-intensity sessions. This strategy expands your aerobic base and boosts VO2 max, which is strongly linked with increased longevity. Achieving a harmonious blend of strength and cardiovascular training is essential for a vivacious, disease-resistant life.

Vocabulary List:

1. **Paramount** /'pær.ə.maʊnt/ (adjective): More important than anything else; supreme.
2. **Vibrancy** /'vaɪ.brən.si/ (noun): The state of being full of energy and life.
3. **Fortify** /'fɔːr.tɪ.faɪ/ (verb): To strengthen or secure against attack.
4. **Resilience** /rɪ'zɪl.jəns/ (noun): The capacity to recover quickly from difficulties.
5. **Cardiovascular** /,kɑːr.di.ʊ'svæs.kjə.lər/ (adjective): Relating to the heart and blood vessels.
6. **Mitochondrial** /,maɪ.tə'kɒn.dri.əl/ (adjective): Relating to mitochondria the cell structures that produce energy.

Comprehension Questions

Multiple Choice

1. What does Ollie Thompson emphasize as key to maintaining vibrancy, independence, and warding off diseases as you age?

- Option: Strength training
- Option: Cardiovascular training
- Option: Yoga practice
- Option: Meditation techniques



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2. Which of the following is NOT mentioned as a benefit of resistance training according to Thompson?
- Option: Enhancing metabolic functions
 - Option: Improving hormonal balance
 - Option: Reducing bone density
 - Option: Increasing immune resilience
3. What are the top three gym exercises tailored for longevity as advocated by Thompson?
- Option: Bench press, squats, deadlifts
 - Option: Assisted chin-up, Bulgarian split squat, Farmer's carry
 - Option: Running, cycling, swimming
 - Option: Yoga, Pilates, dance
4. Which approach does Thompson suggest for achieving increased longevity and disease resistance?
- Option: Only strength training
 - Option: Only cardiovascular training
 - Option: A dual approach of low-intensity cardio and high-intensity sessions
 - Option: Skipping exercise altogether
5. What is strongly linked with increased longevity according to Thompson?
- Option: Skipping exercise
 - Option: VO2 max
 - Option: Muscle pain
 - Option: Lack of physical activity
6. Which of the following is NOT enhanced by the combination of the recommended exercises mentioned by Thompson?
- Option: Joint health
 - Option: Balance
 - Option: Coordination
 - Option: Skin health

True-False

7. Resistance training is mentioned as a cornerstone for long-term health by Thompson.
8. Cardiovascular exercises are not important for achieving a vibrant and disease-resistant life according to Thompson.
9. Thompson suggests embracing both low-intensity and high-intensity cardiovascular training sessions for



optimum health benefits.

10. Thompson advocates for skipping strength training and focusing solely on cardiovascular exercises for longevity.

11. Achieving a balance between strength and cardiovascular training is vital for a vivacious life, according to Thompson.

12. Thompson highlights the importance of active lifestyles involving regular exercise for overall well-being.

Gap-Fill

13. Ollie Thompson emphasizes that adding _____ to your agenda is paramount for a better life.

14. Resistance training not only enhances physical strength and mobility but also boosts metabolic functions, cardiovascular wellness, hormonal balance, bone density, and _____ resilience.

15. Thompson advocates a harmonious blend of strength and cardiovascular training for a _____, disease-resistant life.

16. The strategy of embracing low-intensity cardio and brief high-intensity sessions can enhance your aerobic base and boost _____, linked with increased longevity.

17. Combining exercises like Assisted chin-up, Bulgarian split squat, and Farmer's carry not only build muscle but also enhance joint health, balance, coordination, and _____.

18. According to Thompson, achieving a balanced approach that incorporates both cardiovascular and strength training is essential for a disease-resistant, _____ life.



Answer

Multiple Choice: 1. Strength training 2. Reducing bone density 3. Assisted chin-up, Bulgarian split squat, Farmer's carry 4. A dual approach of low-intensity cardio and high-intensity sessions 5. VO2 max 6. Skin health

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

Gap-Fill: 13. strength training 14. immune 15. vivacious 16. VO2 max 17. posture

Vocabulary quizzes

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

1. What is the viscous substance produced by the mucous membranes in the body?
Option: Blood
Option: Saliva
Option: Mucus
Option: Urine
2. Which system in the body is responsible for protecting against infections and diseases?
Option: Digestive
Option: Skeletal
Option: Circulatory
Option: Immune
3. What term is used to describe a minor sickness or disease?
Option: Pandemic
Option: Ailment
Option: Epidemic
Option: Catastrophe
4. Which word refers to a group of individuals sharing a common characteristic?
Option: Alliance
Option: Cohort
Option: Faction
Option: Outsider
5. What term describes the ability of a product to produce the desired effect?
Option: Reliability
Option: Efficacy
Option: Durability



Option: Affordability

6. What is the term used to describe the desire to eat food?

- Option: Thirst
- Option: Craving
- Option: Appetite
- Option: Hunger

7. Which word means full of energy and enthusiasm?

- Option: Dullness
- Option: Vibrancy
- Option: Fatigue
- Option: Lethargy

8. What term is used to describe the ability to recover quickly from difficulties or toughness?

- Option: Fragility
- Option: Resilience
- Option: Weakness
- Option: Vulnerability

9. Which organelle is known as the powerhouse of the cell?

- Option: Nucleus
- Option: Ribosome
- Option: Endoplasmic Reticulum
- Option: Mitochondrial

10. Which term refers to a death caused by a particular disease or accident?

- Option: Recovery
- Option: Survival
- Option: Fatality
- Option: Revival

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

11. _____ infections are common and can cause congestion and headaches.

12. _____ colitis is a type of inflammatory bowel disease.

13. Team building activities are essential for fostering _____ among coworkers.

14. Monitoring your _____ index is important for managing diabetes.



15. After a satisfying meal you feel _____ and content.
16. Good communication is of _____ importance in any relationship.
17. Eating foods rich in vitamins and minerals can help _____ your immune system.
18. Getting an annual flu shot can protect you from the _____ virus.
19. Economic _____ can lead to inflation and higher prices.
20. The conflict between the two nations is _____ due to recent political tensions.

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

21. Vaccines help to boost the body's ability to fight off infections and strengthen the system.
22. Nasal can be caused by allergies colds or sinus infections.
23. People with chronic conditions may experience periodic of symptoms.
24. During the pandemic many people felt a sense of due to social distancing measures.
25. In the wild predators hunt for to survive.
26. The influence of social media in modern society is impacting various aspects of daily life.
27. The laboratory results the presence of bacteria in the water sample.
28. The treasure was hidden in an cave deep within the mountains.
29. Regular exercise benefits the system by improving heart health and circulation.
30. Building mental is important for coping with life's challenges and setbacks.

Answer

Multiple Choice: 1. Mucus 2. Immune 3. Ailment 4. Cohort 5. Efficacy 6. Appetite 7. Vibrancy 8. Resilience 9. Mitochondrial 10. Fatality

Gap-Fill: 11. Sinus 12. Ulcerative 13. Camaraderie 14. Glycemic 15. Satiated 16. Paramount 17. Fortify 18. Influenza 19. Scarcity 20. Escalating

Matching sentence: 1. Immune 2. Congestion 3. Flare-ups 4. Isolation 5. Prey 6. Pervasive 7. Confirmed 8. Inaccessible



9. Cardiovascular 10. Resilience

CATEGORY

1. Health - LEVEL4

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