

## 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 <u>Welltolead</u>, 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.

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# **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** /rɪˈzɪl.jəns/ (noun): The capacity to recover quickly from difficulties.
- 5. Cardiovascular /,kɑ:r.di.oʊ'væs.kjʊ.lər/ (adjective): Relating to the heart and blood vessels.
- 6. Mitochondrial /,mai.tə'kpn.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



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	d mobility but also boosts metabolic
functions, cardiovascular wellness, hormonal balance, bone der	nsity, and
resilience.	
15. Thompson advocates a harmonious blend of strength and c	ardiovascular training for a
, disease-resistant life.	
16. The strategy of embracing low-intensity cardio and brief hig	gh-intensity sessions can enhance your
aerobic base and boost, linked with ir	ncreased longevity.
17. Combining exercises like Assisted chin-up, Bulgarian split so	quat, and Farmer's carry not only build
muscle but also enhance joint health, balance, coordination, an	nd
18. According to Thompson, achieving a balanced approach tha	at 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?	
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	Option: Vibrancy	
	Option: Vibrancy Option: Fatigue	
	Option: Lethargy	
	Option: Lethargy	
8.	3. What term is used to describe the ability to recover quickly from difficulties or toughness?	
	Option: Fragility	
	Option: Resilience	
	Option: Weakness	
	Option: Vulnerability	
9	Option: Weakness Option: Vulnerability Which organelle is known as the powerhouse of the cell?	
٠.		
	Option: Nucleus Option: Ribosome	
	Option: Endoplasmic Reticulum	
	Option: Mitochondrial	
	Option: Mitochondhai	
10	. Which term refers to a death caused by a particular disease or accident?	
	Option: Recovery	
	Option: Survival	
	Option: Fatality	
	Option: Revival	
Ga	ap-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	s. 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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