

Unlocking the Secrets to Longevity: Debunking Rumors with Science

Description

Yoga has been associated with a plethora of [myriad health benefits](#). However, could it also hold the key to longevity? This is the claim of centenarian Daisy Taylor from Chelmsford, England.

On her 105th birthday, Taylor shared in a [recent interview](#) with the BBC that her long and healthy life can be attributed to yoga, alongside her positive outlook and gratitude for life's little joys. She emphasizes that yoga has been particularly instrumental in keeping her mentally sharp, even at her advanced age, albeit with adaptations such as practicing in a chair rather than on a mat.

Taylor is not alone in her journey as an elderly yet mentally agile yogi. Many renowned yoga practitioners have led long, healthy lives, such as [B.K.S Iyengar](#) who defied early predictions of a short life to thrive until the age of 95.

Research suggests that the benefits of yoga extend into old age, combating age-related conditions like high blood pressure, obesity, and mental health issues like depression and anxiety. Furthermore, studies indicate that yoga may influence the ageing process at a cellular level, potentially enhancing lifespan and cognitive abilities.

While direct evidence linking yoga to increased longevity remains inconclusive, the practice undeniably contributes to overall health and mental acuity in old age. For Taylor and others, yoga serves not only as a physical exercise but also as a source of resilience, vitality, and fearlessness in the face of aging.

Vocabulary List:

1. **Myriad** /'mɪr.i.əd/ (noun): A countless or extremely great number.
2. **Instrumental** /,ɪn.strə'men.tl/ (adjective): Serving as a means to an end; helpful or contributing to achieving something.
3. **Combatting** /kəm'bæt.ɪŋ/ (verb): Taking action to reduce or prevent something undesirable.
4. **Acuity** /ə'kjui..i.ti/ (noun): Sharpness or keenness of thought vision or hearing.
5. **Resilience** /rɪ'zɪl.jəns/ (noun): The capacity to recover quickly from difficulties; toughness.
6. **Longevity** /lon'dʒev.i.ti/ (noun): Long life or duration of service.

Comprehension Questions

Multiple Choice

1. What is one of the benefits associated with yoga according to the text?

- Option: Weight loss
- Option: Hair growth
- Option: Improved memory
- Option: Muscle expansion

2. Who is the centenarian mentioned in the text?

- Option: Daisy Johnson
- Option: Daisy Taylor
- Option: Rose Smith
- Option: Lily Brown

3. Which renowned yogi defied predictions and lived until the age of 95?

- Option: B.K.S Iyengar
- Option: Yogi Bear
- Option: Sri Sri Ravi Shankar
- Option: Baba Ramdev

4. What age did Daisy Taylor reach?

- Option: 100
- Option: 105
- Option: 110
- Option: 95

5. Which condition is mentioned as being combated by yoga in old age?

- Option: Diabetes
- Option: High blood pressure
- Option: Hypothyroidism
- Option: Allergy

6. What aspect of aging may be potentially enhanced by yoga, as per studies mentioned in the text?

- Option: Skin pigmentation
- Option: Lung capacity
- Option: Cognitive abilities
- Option: Bone density

True-False

7. Yoga is only beneficial for physical health according to the text.
8. Research has conclusively proven that yoga directly increases longevity.
9. Daisy Taylor mentioned in the text that she practices yoga on a mat despite her age.
10. Yoga may influence the aging process at a cellular level.
11. Yoga practitioners do not face any mental health issues according to the text.
12. Yoga is predominantly practiced by the younger generation according to the text.

Gap-Fill

13. Daisy Taylor attributed her long and healthy life to _____ and gratitude for life's little joys.
14. B.K.S Iyengar lived until the age of _____ despite early predictions of a short life.
15. Research suggests that yoga may influence the aging process at a _____ level.
16. Yoga serves not only as a physical exercise but also as a source of _____ in old age.
17. Daisy Taylor practices yoga on a _____ rather than on a mat due to her age.
18. The benefits of yoga extend into old age by combating age-related conditions like high blood pressure and _____.

Answer

Multiple Choice: 1. Improved memory 2. Daisy Taylor 3. B.K.S Iyengar 4. 105 5. High blood pressure 6. Cognitive abilities

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

Gap-Fill: 13. yoga 14. 95 15. cellular 16. resilience 17. chair 18. obesity



Vocabulary quizzes

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

1. What term describes something that has been uncovered or discovered?

- Option: Drowned
- Option: Invisible
- Option: Unearthed
- Option: Hidden

2. Which word refers to heavenly or divine entities?

- Option: Terrestrial
- Option: Mundane
- Option: Supernatural
- Option: Celestial

3. What does it mean when objects are in proper or correct relative positions?

- Option: Disarray
- Option: Misalignment
- Option: Alignment
- Option: Chaotic

4. Which term describes something strong healthy and vigorous?

- Option: Fragile
- Option: Delicate
- Option: Robust
- Option: Weak

5. What does it mean to make something less severe serious or painful?

- Option: Intensify
- Option: Worsen
- Option: Amplify
- Option: Mitigate

6. Which term is used to describe anxiety or fear that something bad will happen?

- Option: Elation
- Option: Joy
- Option: Contentment
- Option: Apprehension

7. What term is used to describe the act of fighting or opposing something?



Option: Embracing
Option: Accepting
Option: Surrendering
Option: Combatting

8. Which word is used to describe keenness or sharpness especially in perception or vision?

Option: Blurriness
Option: Dullness
Option: Clarity
Option: Acuity

9. What term describes something that has not happened before or never seen or experienced?

Option: Common
Option: Ordinary
Option: Unprecedented
Option: Typical

10. What term is used to describe an approach that considers the whole system or entity?

Option: Fragmented
Option: Partial
Option: Holistic
Option: Limited

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

11. The _____ of historical artifacts is crucial for maintaining cultural heritage.

12. The distance between stars is measured in _____ units.

13. The _____ of information across long distances has been revolutionized by modern technology.

14. The car accelerated at an incredible _____ on the open highway.

15. The garden was filled with a _____ of colorful flowers.

16. Regular exercise is said to promote health and _____.

17. The confidential documents were securely _____ from unauthorized access.

18. An _____ of the moon occurs when it passes directly behind the earth into its



shadow.

19. The artist _____ painted every detail of the landscape with precision.

20. A _____ can help protect individuals from certain infectious diseases.

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

21. Natural disasters such as hurricanes and earthquakes are catastrophic .

22. Lions and tigers are examples of animals that primarily eat meat.

23. An is an event where one celestial body is hidden by another.

24. The sun's is visible during a total solar eclipse.

25. Teamwork is in achieving success in most projects.

26. The ability to bounce back from adversity is known as .

27. The priest performed an to summon divine blessings during the ceremony.

28. Efforts to reduce carbon emissions are important for environmental .

29. Deer and rabbits are known for being primarily feeding on plants and vegetation.

30. Ancient artifacts were during the archaeological dig.

Answer

Multiple Choice: 1. Unearthed 2. Celestial 3. Alignment 4. Robust 5. Mitigate 6. Apprehension 7. Combatting 8. Acuity 9. Unprecedented 10. Holistic

Gap-Fill: 11. Preservation 12. Astronomical 13. Transmission 14. Velocity 15. Myriad 16. Longevity 17. Shielded 18. Eclipse 19. Meticulously 20. Vaccination

Matching sentence: 1. Phenomena 2. Carnivorous 3. Occultation 4. Coroná 5. Instrumental 6. Resilience 7. Invocation 8. Mitigation 9. Herbivorous 10. Unearthed

CATEGORY

1. Health - LEVEL5

Date Created

2024/12/26



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