

# Retire Later to Live Longer



## Reading

Retiring from your job at an early age may not help people to live longer. There is a strong possibility early retirement may even shorten one's life. This is the conclusion of a study published on October 21 by the British Medical Journal. The research followed more than 3,500 employees working for Shell Oil in Texas. The workers retired at 55, 60 or 65 and were monitored for 26 years. Researchers studied the effect their age at retirement had on their lifespan. The team considered factors such as gender and economic status to find out whether retiring early is connected with better survival.

The results were surprising. The life expectancy of employees who retired at 55 was much lower compared with people who retired at 65. The researchers concluded that: "Retiring early at 55 or 60 was not associated with better survival than retiring at 65." In fact, the study found that people who retired at 55 often died earlier than those who continued working. Leader of the research team Shan Tsai said: "Although some workers retired at 55 because of [bad] health, these results clearly show that early retirement is not associated with increased survival."

Source: [Breakingnewsenglish.com](http://Breakingnewsenglish.com)

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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