

Exercise for Everyone

Everyone now knows the benefits of exercise. It slows aging, keeps the body healthy and fit, and prevents heart disease and diabetes. It also boosts the immune system, which means you get fewer colds. Exercise improves mental health too.

But did you know that exercise isn't only for the young? Exercise can help even the oldest of the old. If people in their 80s exercise at least four hours each week, they stay healthier and more active. They live longer too. Survival rates of elderly who exercised doubled when compared to others who didn't exercise at all. Similar results have been seen in people in their 60s and 70s. And the gains are greater when someone starts in their 30s and 40s.

In short, it's never too late to start exercising!

Comprehension Questions: True or False

1. People who exercise get sick less often. T / F
2. Exercise improves the mind and body. T / F
3. Elderly people who exercised doubled their lives. T / F
4. The article recommends that everyone should exercise. T / F

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