

J

Conn. 6

Students

Complete the sentences with the correct word(s)

1. Most people _____ when they're 65 years old.
2. The birth rate in Korea is _____ low. People need to have more babies.
3. He was fined 1,000,000 won for _____ downloading videos.
4. The _____ in Korea is 82.7 years.
5. She grew up in a _____ part of Korea. Her hometown is very _____. (2 words)
6. My grandparents are both older, so they live in _____ now.
7. In the 1950's black and white schools were _____ in the U.S.
8. I think 2 of the keys to _____ are to stay active and have a positive attitude.
9. Most of the _____ of my apartment building are elderly.
10. I was _____ by some of the exam questions. They didn't make any sense at all.
11. A student's _____ is to always study hard.
12. He received a nice _____ after he retired.
13. The boxer was very confident. He said, "I _____ I'll win my next fight".
14. She ate her favorite food _____.
15. Most _____ show that covid-19 began in China.
16. _____ is a problem in a lot of countries. Some people just don't show enough respect to the elderly.
17. Kimchi is a part of a _____ Korean meal.

- a. residents
- b. contentedly
- c. picturesque
- d. retire
- e. pension
- f. integrated
- g. typical
- h. illegally
- i. guarantee
- j. rural
- k. indications
- l. puzzled
- m. longevity
- n. life expectancy
- o. ageism

p.silver town
q.exceptionally



Google search...505 business English idioms and phrasal verbs/pdf

- 1.drive a hard bargain
- 2.flatline
- 3.in line for
- 4.keep tabs on
- 5.no-frills
- 6.pave the way
- 7.plug
- 8.rack up
- 9.get your act together
- 10.scrape by
- 11.shop around
- 12.take sides
- 13.hit/reach rock bottom
- 14.buy out
- 15.glass ceiling

HOW TO CALCULATE YOUR LIFE EXPECTANCY

Call Me

A Start with the number 74

74

B Gender

1. Are you male? If yes, subtract 3. Are you female? Add 4.

-3

That's right. There's a seven-year difference between the sexes.

-3

C Lifestyle

2. Do you live in an urban area with a population over 2 million? Subtract 2. Do you live in a town with a population under 10,000 or on a farm? Add 2.
3. Do you work or expect to work behind a desk? Subtract 3. Does your work require regular, heavy physical labor? Add 3.
4. Do you exercise strenuously (tennis, running, swimming, etc.) five times a week for at least a half-hour? Add 2.
5. Do you live with a spouse, relative or friend? Add 5. If not, subtract 1 for every 10 years alone since age 25.

0

Living in a city is bad for your health. There's too much pollution and tension!

-2

0

2

People together eat better, take care of each other, and are less depressed.

-10

75

73

68

86

D Personality

6. Do you sleep more than 10 hours each night? If so, subtract 4.
7. Are you intense, aggressive, easily angered? Subtract 3. Are you easygoing, relaxed, a follower? Add 3.
8. Are you happy? Add 1. Unhappy? Subtract 2.

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—

Having a lot of money might lead to high living and tension.

-7

70

E Success

9. Are you or do you expect to be rich? If so, subtract 2.
10. Did you finish college? Add 2. Do you expect to finish college? Add 2. Do you have a graduate degree? Add 2 more.
11. Do you plan to work after the age of 65? Add 3.

—

—

—

People with higher education seem to live more sensibly—at least that's the theory.

60

69

82

F Health

12. Do you smoke more than two packs of cigarettes a day? Subtract 8. One to two packs a day? Subtract 6. One half to one? Subtract 3.
13. Are you overweight by 22.5 kg or more? Subtract 8. By 13.5 to 22.5 kg? Subtract 4. By 4.5 kg to 13.5 kg? Subtract 2.

—

—

That's right. Retirement kills.

90

G Age Adjustment

14. Are you between 30 and 40? Add 2. Between 40 and 50? Add 3. Between 50 and 70? Add 4.

—

Figure out your Life Expectancy

Before you begin reading, look at the six subheadings. Each subheading gives you the topic of the paragraphs below it. Notice, too, the illustration of the five interlocking rings. What could be the connection between the rings and the topic of the article—how to have a long, healthy life? (Take a guess, and remember that no logical guess is wrong.)

From ***The Longevity Code*** by Dr. Zorba Paster

- 1 Jeanne Calmet, of Arles, France, was still living in her own apartment at age 110. At age 115, she was still riding her bicycle. When she died in 1997 at the age of 122, she had lived longer than any person on record.
- 2 Perhaps you wouldn't want to live to 122, but certainly you would like to live a long and healthy life. We all want to know the tricks for prolonging our lives, and physicians and researchers have written thousands of pages on the topic. Most of them write about the benefits of taking care of your body: Cut your cholesterol, lose weight, exercise, stop smoking, and watch your blood pressure. While cholesterol, diet, exercise, and not smoking are important, there is more to consider. Just as critical are how much you like your job, whether you have a good relationship with your parents and children, whether you're depressed or happy, angry or delighted, mean or kindhearted.
- 3 We would all agree that these factors count in quality of life. The fact is that they count in length of life, too—perhaps even as much as the physical factors your doctor can treat. The truth is that being well does not simply mean being in great physical shape. Overall good health is composed of five unique spheres of wellness: the physical, the mental, the family and social, the spiritual, and the material. Picture the Olympic symbol of five interlocking rings. Like the Olympic rings, the five spheres of wellness overlap and interact. Most of us have experienced the way the spheres affect one another. Perhaps mental stress caused a



headache, which hurt so much you stayed home from a party, which meant you spent Saturday night alone, which made you so depressed you ate a quart of ice cream. Or perhaps the spheres of wellness interacted in a positive way: A peaceful walk on the beach calmed your mind, relaxed your body, gave you physical exercise, helped you sleep better, made you more pleasant to be around, and so on.

In order to live a life that is not only long, but happy, satisfied, and fulfilling—what I call a “sweet” life—you must have good health in all five spheres. Knowing which areas need the most improvement and which are already healthy is the key to increasing your life span.

Sphere #1: Physical

There is more to physical health than being “healthy”—that is, not being sick. To increase your chances of having a long life, you also need to pay attention to physical fitness, nutrition, and safety strategies, like wearing a seat belt.

Physical fitness is definitely a plus in the physical sphere. Basically, the secret to physical fitness is being active. The more we use our muscles—whether we use them to clean the house or run a marathon—the more physically fit, energetic, and long-lived we're likely to be. Sedentary lifestyles, on the other hand, limit longevity—they're one of the top ten causes of premature death.

Sphere #2: Mental

There are a number of psychological illnesses that have a negative impact on

(continued)

longevity. Depression is one of them; severe anxiety is another. So, if you are depressed or very anxious, it's important to find the treatment that will help you.

- 8 It's also important to control your anger. Becoming furious over every small frustration is truly deadly: Studies indicate that after a fit of anger—especially the face-reddening, fist-clenching, furniture-pounding kind—the risk of having a heart attack is more than twice as high.

- 9 Finally, it's important to keep your mind sharp and challenged. Lifelong learning is one way to do that. As we age, one of our greatest fears is that our bodies will keep going but our minds will stop working. Lifelong learning keeps our minds active.

Sphere #3: Family and Social

- 10 A recent study compared the longevity of three groups of people: "couch potatoes" (sedentary types who spent most of their free time watching TV); "gym rats" (people who were compulsive about exercising); and "social butterflies" (people who often got together with other people). Guess which group had the longest and healthiest lives? The social butterflies.

- 11 Bonds with other people improve our outlook and build self-confidence. Social support also helps us get through stressful times. Those of us who have the support of family and friends are less likely to have heart disease and generally live longer.

Sphere #4: Spiritual

- 12 Physicians rarely talk about religion; it's a topic that's so personal, it's almost taboo. Yet scientific evidence shows that a spiritual or religious path not only gives comfort but also adds to longevity.
- 13 The spiritual sphere is the most difficult to describe. It includes anything we do to

contemplate the higher meaning and purpose of our lives: meditation, prayer, attending religious services, reading inspirational material, chanting, sitting quietly in a garden, or walking through a forest. And yes, all of this is connected to life expectancy and life quality.

Sphere #5: Material

The material sphere is where you find all your "stuff"—all the things outside yourself that affect how you feel. This sphere includes your job, your house, your car, your bank account, and your credit card debt.

One part of the material sphere is financial. Having a lot of money is not important, but being content with what you have is. A huge home, luxury cars, and diamonds will not make your life better or help you live longer. However, if not having those things makes you feel ashamed or jealous, then not having what you want could be a problem. Indeed, simply feeling that you don't have enough can shorten your life.

Creating Balance

Diet, exercise, and quitting smoking are important, but they are not the only keys to having a long and healthy life. Meditating might also be important, or planting a garden, or playing cards with friends. If those things calm and relax you, bring you pleasure or make you laugh, then do them.

Longevity is a two-sided coin, with quantity on one side and quality on the other. Just as no one wants a great life that's cut short prematurely, no one wants a life that's long but not satisfying. We want to have it both ways—long *and* great. In fact, we can have long, great lives when we balance the five spheres of wellness. ♦

BUILDING ACADEMIC VOCABULARY

The words below are on the Academic Word List.* Find the words in "The Longevity Code." (The number in parentheses is the number of the paragraph.) If you are not sure what a word means, look it up in your dictionary. Then use the words in the sentences that follow.

topic (2, 12)

overall (3)

overlap (3)

interact (3)

positive (3)

physical (5)

definitely (6)

impact (7)

challenge (9)

evidence (12)

1. The dam across the Yangtze River will have a huge _____ on the thousands of people who live in the river valley.
2. He is working as a gardener because he would rather be outside doing _____ work than inside doing mental work.
3. Don't drink citrus juice when you take this medicine. The citric acid in the juice will _____ with the medicine, and the medicine won't work.
4. Both the advertising and marketing departments have a common goal: They want as many people as possible to know about the company's products. As a result, the responsibilities of the two departments _____ somewhat.
5. Because she is taking five difficult classes this semester, getting good grades is a _____.
6. Doctors say that eating a lot of fruit and vegetables has a _____ effect on your health.
7. This evening environmentalists are going to talk about cleaning up our polluted rivers. I'm going to their presentation because I'm interested in the _____.
8. His teacher told him he might get a B as his final grade, or maybe a B+, but _____ not an A.
9. The plane fare was \$300, the hotel room was \$125 a night, and the food was \$200, so the _____ cost of the trip was more than \$1,000.
10. Police were quite certain he had committed the crime, but they did not arrest him because they had no _____.

*For an explanation and the complete Academic Word List, see page 157.

J

Call me

The Longevity Code(Answer these questions)

1.Where's Jeanne Calmet from?

When did she die?

How old was she when she died?

What was she doing when she was 115?

What's special about her?

2.What are the 5 spheres of wellness?

3.What's the secret to physical fitness?

What's the problem with sedentary lifestyles?

4.What are 2 psychological illnesses?

What's another thing that's important?(why?)

How can we keep our mind sharp and challenged?

5.What's a couch potato?

A gym rat?

A social butterfly?

What group has the longest healthiest lives?(why?)

6.What does the spiritual sphere include?

7.What does the material sphere include?

Is having a lot of money important?

8.How can we have a long life?

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Positive thinking helps us live longer

29th August, 2019



Positive thinkers are more likely to live longer than negative thinkers. This is according to a combination of studies conducted by the Boston University School of Medicine into the health of people in the USA.

Researchers looked at data on the health of 70,000 female nurses and 1,500 male military veterans. They discovered that people who were optimists (people who thought positively) were more likely to live to the age of 85. They said people who were more pessimistic (those who thought negatively) were 11-15 per cent less likely to live to that age. The researchers believe that optimists (positive thinkers) found it easier to manage stress than pessimists (negative thinkers).

Participants in the two studies answered questions in a survey. The questions assessed their levels of optimism. The surveys matched these levels with the participants' overall level of health. They were also asked about their levels of exercise, their diets, as well as how much they smoked and drank. Professor Lewina Lee said: "Our findings speak to the possibility that raising levels of optimism may promote longevity and healthy ageing." She had some advice for pessimists who might want to live longer. The advice was to, "imagine a future in which everything has turned out well". She urged people to increase levels of optimism. She said it was healthier for people to look on the bright side of life.

Sources: bbc.com / sky.com / livescience.com

Writing

It's better to look on the bright side of life. Discuss.

Chat

Talk about these words from the article.

positive / thinker / negative / data / health / optimists / nurses / veterans / stress / studies / questions / health / exercise / longevity / pessimists / imagine / future

True / False

- The article says pessimists are less likely to live longer than optimists. T / F
- Researchers looked at data on 71,500 men and women. T / F
- The research says all optimists live to be the age of 85. T / F
- Positive thinkers are up to 15% more likely to live to be 85. T / F
- People answered questions about exercise, optimism and drinking. T / F
- Researchers say optimism can reduce longevity. T / F
- A researcher said imagining a dark future helps people feel optimistic. T / F
- A researcher said bright people should look on the healthy side of life. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|------------------|
| 1. likely | a. increasing |
| 2. combination | b. negative |
| 3. data | c. questionnaire |
| 4. pessimistic | d. mix |
| 5. manage | e. sunny |
| 6. survey | f. guidance |
| 7. assessed | g. probable |
| 8. raising | h. control |
| 9. advice | i. evaluated |
| 10. bright | j. details |

Discussion – Student A

- What do you think about what you read?
- What is your overall level of health like?
- What advice do you have for pessimists?
- What can you do to increase your longevity?
- How easy is it to imagine the future turns out well?
- Are you a glass-half-full person or a glass-half-empty person?
- Is it easy to always look on the bright side of life?
- What questions would you like to ask the researchers?

Positive thinking helps us live longer(August 29, 2019)

1.Who conducted this study?

Who did they study?

2.What did the researchers discover?

What do they believe about optimists?

3.What did the questions in the survey assess?

4.What did Professor Lewina Lee say?

5.What advice did the professor have for pessimists?

6.Are you optimistic or pessimistic about the future?

I'm optimistic because _____

OR

I'm pessimistic because _____