

Timeless Triumph: 105-Year-Old Gold

VOCABULARY WORDS

1. **Routine** (noun) /ruːˈtiːn/: A regular course of procedure; a customary or regular way of doing something.
Example: My morning **routine** includes a cup of tea and reading the news.
2. **Bedridden** (adjective) /ˈbedrɪdn/: Confined to bed by illness or infirmity.
Example: After the accident, he was **bedridden** for several weeks.
3. **Retired** (adjective) /rɪˈtaɪərd/: Having stopped working because of age.
Example: My grandfather is a **retired** teacher.
4. **Principal** (noun) /ˈprɪnsəpəl/: The head of a school.
Example: The school **principal** greeted the new students.
5. **Agence** (noun) /ˈɑːʒɒs/: (French origin) A news organization or agency.
Example: She works for an international news **agence**.



Starting a new exercise routine can be hard. And the older we get, the easier it is to find reasons not to do it. But 105-year-old Sawang Janpram of Thailand proves that it's never too late to begin.

In May, Janpram took part in the 2025 World Masters Games in Taiwan. He won four gold medals — in javelin, discus, shot put and the 100 meter dash — bringing his total number of medals to 60. And he only started competing at age 97! However, as the only athlete in the 100+ age group, just completing each event was enough to win gold.

Janpram, a retired elementary school principal, got into exercise after he turned 80, when he saw many of his friends become sick or bedridden. So, he started exercising with his daughter, who is now 73 years old and is also a competing athlete. The two train together several times a week near their home in Rayong, Thailand. Some mornings, they go to the beach for a walk or a quick run. On other days, Janpram practices the other sports he competes in.

But the secret to his success isn't just exercise. Janpram starts his days at 5:30 a.m., eats mostly fish and vegetables, and makes sure to get plenty of rest. "When you eat well, sleep well, you will get into a good mood ... and naturally you will be healthy," he told the World Masters Games. To Agence France Presse he added, "Exercise makes life better." And if he can do it at 105, maybe it's time for the rest of us to get moving too!

DISCUSSION

1. If Sawang Janpram's gold medals could magically talk, what's the funniest story one of them would tell about his training or a competition?
2. Janpram started at 97! If you had to start a *brand new* sport or hobby at age 97, what's the most unexpected and hilarious one you can think of, and why?
3. He's a retired elementary school principal. If he were still teaching, what amazing and funny "exercise lesson" do you think he would give to his students?
4. Janpram eats mostly fish and vegetables. If his diet suddenly became the "super-secret ingredient" for a new, magical sports drink, what would it be called, and what surprising side effect would it have?
5. Imagine Janpram's alarm clock could talk. What funny or motivating (or maybe a little bit grumpy) message do you think it would give him every morning at 5:30 a.m.?
6. If you could design a new event for the "100+ age group" at the World Masters Games, what would it be? Make it really creative and fun, like "Synchronized Napping" or "Fastest Walker with a Teacup"!
7. His daughter is also an athlete. If they formed a "Super Senior Sports Team," what would their team name be, and what funny uniform would they wear?
8. Janpram trains at the beach. If the beach animals (like crabs or seagulls) watched his training, what funny comments or observations do you think they would make about him?
9. "Exercise makes life better!" If exercise were a superhero, what would its costume look like, what would its superpower be, and what funny sidekick would it have?
10. If Janpram wrote a "secret diary" about his athletic life, what's one hilarious or unexpected entry you think he would write about winning a gold medal?