

Elderly Should Carry Shopping to Live Longer

VOCABULARY WORDS

1. Fall over /fɒl 'ɒvər/ (of a person) lose one's balance and collapse
Example: The old woman fell over after being exposed to the sun for long hours.
2. Vast /vast/ of very great extent or quantity
Example: The family owns a vast piece of land in the city.
3. Overlook /'ɒvər'looʊk/ fail to notice (something).
Example: He overlooked a very important detail of the contract..
4. Frail /'frā(ə)l/ (of a person) weak and delicate.
Example: The patient looked frail and vulnerable.
5. Inevitable /in'evidəb(ə)l/ certain to happen; unavoidable.
Example: It was an inevitable circumstance.



There is new advice for older people to keep their strength up and live longer – carry your own shopping. The Chartered Society of Physiotherapy (CSP) in the UK says it is highly important for the over-65s to keep active to maintain their strength as they age. It warns that millions of people risk **falling over** or injuring themselves because they are failing to maintain their strength.

Falls among the elderly cause the **vast** majority of hip injuries. The CSP says nearly a quarter of over-65s don't do any exercises to keep their muscles strong. A CSP spokesperson said: "For those 65 and over, they can also include activities that involve stepping and jumping, like dancing, or chair aerobics."

One recommendation the CSP made to the over-65s is to carry shopping home from the supermarket. It warns against Internet shopping, saying that while it is convenient, the rise of Internet shopping means fewer people are getting their "shopping workout".

According to Professor Karen Middleton, chief executive of CSP, research shows getting stronger brings a lot of health benefits so it is extremely important that people don't **overlook** strengthening when being active. She also suggested gardening, vacuuming and standing up out of a chair 10 times. Professor Middleton added: "We must move past the idea that becoming weaker and **frailer** is **inevitable** as we get older."

DISCUSSION

1. How do you imagine yourself when you're at the age of 65?
2. What will you do to keep healthy and strong until you're an elderly?
3. Do you recommend elderly to go to the gym?
4. What can you say about senior citizens doing muscle training?
5. What are your fears about getting old?