

ADVANCED 3 UNIT 6

READING

1 Work with a partner. **Look at** the words in the box. **Translate** them into your language

a Decay	b decline	c fit	d growth
e inactivity	f Lack	g loss	h stretching
i training	j serious	k censorious	l argumentative
m chatty	n informational	o critical	
p factual	q sarcastic	r funny	

2 Use six of the words in the box in exercise 1 to **complete** the article about brain training. **Write** the letter

In recent years there has been a barrage of new studies about how to maintain cognitive function as you get older. (1) _____ in cognitive function is a natural process, and everyone experiences deterioration in memory and motor skills as we grow older. However, by taking action now, there are things you can do to ameliorate the process of aging. First and foremost, keeping physically (2) _____ has been shown to improve cognition. Exercise is associated with the (3) _____ of blood vessels in the brain and therefore an increase in the survival rate of new brain cells. (4) _____, on the other hand can have the opposite effect. Another vital factor is sleep. In fact, the (5) _____ of sleep has been tied to reduced gray matter in the brain and problems with working memory and executive

function. Furthermore, sleep is a key part of the process of consolidating learning and memory, so a chronic lack of sleep can actually prevent you from learning.

A third factor associated with improved brain function is (6) _____ the brain through challenging activities, like learning a new language, skill, or musical instrument. When doing these activities we go beyond what we can already do and we force our brain to be active.

There are a host of other ideas for preventing the reduction of brain function, from meditation to diet, some proven and others still to be ratified by research, but as people live longer, increasing the quality of life through better brain function promises to become a growth field.