

THE PILLARS OF A LONG LIFE

Paragraph A. _____

Recent studies suggest that longevity is not just about genetics; it is heavily influenced by daily choices. One of the most critical factors is a balanced diet. Instead of consuming processed foods high in artificial additives, individuals should focus on "whole foods." These include legumes, nuts, and lean proteins. Furthermore, staying hydrated by drinking at least two liters of water a day can significantly improve metabolic functions and skin health.

Paragraph B. _____

Physical activity is another essential pillar. However, many beginners make the mistake of over-training, which leads to injuries. Experts recommend a "gradual approach." Start with low-impact activities like brisk walking or swimming for 20 minutes. As your endurance improves, you can incorporate strength training. Consistency is more important than intensity; exercising three times a week regularly is better than a five-hour session once a month.

Paragraph C. _____

Finally, mental well-being and rest cannot be overlooked. In our digital age, "technological fatigue" is a common problem. High levels of stress hormones can weaken the immune system. To combat this, practicing mindfulness or meditation for just ten minutes can lower anxiety. Additionally, ensuring a dark, cool environment for sleep helps the body produce melatonin, the hormone responsible for deep recovery.

Task 1: Matching Headings

Match the correct heading to paragraphs A-C.

List of Headings:

- i. The importance of mental rest and sleep quality
- ii. Why genetics is the only key to long life
- iii. A focus on natural nutrition and hydration
- iv. How to choose the right gym equipment
- v. A steady and regular approach to physical fitness

Task 2: Summary Completion

Complete the summary table below. Choose NO MORE THAN TWO WORDS from the passage for each gap.

Category	Advice / Key Information
Diet	Eat "whole foods" and avoid items with (4)_____.
Exercise	Beginners should avoid (5)_____ to prevent getting hurt.
Mental Health	Use (6)_____ or meditation to reduce stress.