

# OLD AND ACTIVE

Read the text and choose the best word for the blanks.

It is a well-known fact that Japanese people have a longer (1) \_\_\_\_ expectancy than the population of most other countries. A (2) \_\_\_\_ report shows that the Japanese also expect to remain healthier for longer.

Scientists are trying to work (3) \_\_\_\_ what keeps elderly Japanese people so healthy, and whether there is a lesson to be (4) \_\_\_\_ from their lifestyles. Should we (5) \_\_\_\_ any changes to our eating habits, for instance, or go jogging each day before breakfast? Is there some secret (6) \_\_\_\_ in the Japanese diet that is particularly (7) \_\_\_\_ for the human body?

Although the (8) \_\_\_\_ of a longer, healthier life is a good thing for the individual, it can (9) \_\_\_\_ create a social problem. The number of people over the age of 65 in the population has doubled in the last 50 years and that has increased pension and medical costs. Japan could soon be (10) \_\_\_\_ an economic problem: there are more elderly people who need to be looked (11) \_\_\_\_ , and relatively fewer younger people working and paying taxes to support them.

One solution could be to (12) \_\_\_\_ retirement age from 65 to 70. After all, the elderly have a great deal to (13) \_\_\_\_ . If they continue to be active in society, younger generations will have the chance to learn more from their wisdom and experience.

