

Grammar: ability (can, be able to)

Complete the sentences with the correct form.

Scientists say that there are many ways we

¹ can keep (keep) our brains healthy, so that we ² can/will be able to have a normal life when we are older.

Learn a new activity

Think of something that you ³ can't/won't be able to do but you would like to learn: another language perhaps, or a musical instrument. Learning something new exercises your brain, so that you ⁴ can/will be able to deal better with new situations in the future.

Do some exercise

A healthy body means a healthy brain. Doctors say that regular exercise might ⁵ be able to / can stop the brain getting ill with Alzheimer's, for example. People who don't go walking, running or swimming might have problems in later life because they ⁶ can't/won't be able to sleep.

PREPARING

FOR THE FUTURE

Have fun

Going out with friends and spending time with relatives ⁷ can/will be able to make you feel more positive about life. As you grow older, you will do different things together, but if you have friends, you ⁸ can/ will be able to phone someone for a chat at any time of the day.

Listen to the silence

You don't have to be active all of the time, and it is important to find a moment when you ⁹ can/will be able to relax. Our brains need time to rest, as well as our bodies, so that we don't feel stressed. This also prepares us for the future, when we ¹⁰ can't/won't be able to not go out every day.