



5 HABITS THAT CAN MAKE YOU LOOK OLDER THAN YOU ARE!



I. Fill in the following paragraph with the appropriate word:

lifestyle

fewer

youth

face

routine

skin

We have yet to discover the fountain of _____, but we do know the rate at which we age – and the way we look as we age – depends heavily on _____. Making small changes to your everyday _____ can reap benefits like _____ wrinkles, less inflammation and clearer _____. Ditch these five lifestyle pitfalls to add years to your life and take years off your _____.

II. Find the synonyms in the introduction above:

to throw away = to _____

to grow older = to _____

the speed/pace = the _____

very much = _____

to get advantages as a return = to _____

these traps = these _____

lines on face = _____

to remove = to _____

1. Smoking

It's no secret that smoking is bad for your health – and can lead to emphysema, heart disease and many types of cancer – but did you know it affects how you look, too?

"Smoking is probably one of the worst things you can do," says [Pascal Bordy, MD](#), general practitioner at [Fawcett Memorial Hospital](#) in Port Charlotte, Florida. *"It induces wrinkles, makes the person look more pale and creates vertical lines around the lips."* The toxins in cigarettes can also break down the elasticity of your skin, which leads to sagging. Are you ready to put down the pack yet?

III. Find the English for :

causer, provoquer, entraîner: to _____ and to _____

nuire à: to _____

un médecin généraliste = a _____

des rides = _____

dégrader = to _____

l'affaissement cutané = _____

poser, lâcher = to _____



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IV. Find the other 4 lifestyle pitfalls by clicking on the link below and copy them:

<https://www.doctoroz.com/article/5-habits-can-make-you-look-older-you-are>

1. Smoking

2. _____

3. _____

4. _____

5. _____

V. You can now watch the effect of smoking on your physical appearance in the video below:



Click on the link if you want to watch it with the subtitles:

[youtube.com/watch?v=szbR-8-pgv8&feature=emb_imp_woyt](https://www.youtube.com/watch?v=szbR-8-pgv8&feature=emb_imp_woyt)