

Read the text and complete the activities below



## Tai Chi & Parkinson's

Researchers have found that the Chinese martial art of tai chi could slow down the progression of Parkinson's disease by years. Tai chi, with its slow, meditative and deliberate movements, is known to benefit physical and mental well-being. Doctors from the Shanghai Jiao Tong University School of Medicine conducted a five-year study on people with Parkinson's. The researchers discovered that the condition progressed at a slower rate in those who practiced tai chi. They observed fewer falls, and less dizziness and back pain in the tai chi practitioners. The researchers also noted that the cognitive function of the test participants who regularly practiced tai chi deteriorated more slowly.

Parkinson's disease is a brain disorder that affects the nerves and muscles. It progressively causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. People with Parkinson's may eventually have difficulties walking and talking. One of the most famous people with Parkinson's was the heavyweight boxing champion Muhammad Ali. The researchers suggest that doing tai chi could keep symptoms of Parkinson's at bay for years. They said: "The long-term beneficial effect of tai chi on Parkinson's could prolong the time without disability, leading to a higher quality of life, a lower burden for caregivers and a reduction in drug use."

## Vocabulary

### Paragraph 1

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|-----------------|---|
| 1. martial art  | a. A person actively engaged in an art, discipline, or profession.  |
| 2. meditative   | b. Done consciously and intentionally.  |
| 3. deliberate   | c. Relating to the focusing of one's mind for a period of time for religious, spiritual or other purposes.                          |
| 4. dizziness    | d. Slowly became worse.   |
| 5. practitioner | e. Various sports, which originated in Japan, Korea, and China as forms of self-defence or attack, such as judo, karate, and kendo. |
| 6. cognitive    | f. A sensation of spinning around and losing one's balance.   |
| 7. deteriorated | g. Relating to the mental action or process of acquiring knowledge and understanding through thought.                               |

## Paragraph 2

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|------------------|--|
| 8. disorder      | h. Not planned or meant.   |
| 9. unintended    | i. Prevent someone or something from approaching or having an effect                 |
| 10. coordination | j. A duty that causes great work, worry or hardship.                                 |
| 11. symptom      | k. The ability to use different parts of the body together smoothly and efficiently. |
| 12. keep at bay  | l. Extend the duration of.   |
| 13. prolong      | m. A physical or mental feature which is a sign of a condition of disease.           |
| 14. burden       | n. An illness or condition that disrupts normal physical or mental functions.        |

## Multiple choice quiz

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|--|---|
| 1) By how long could tai chi slow down the progression of Parkinson's?<br>a) decades<br>b) years<br>c) months<br>d) weeks  | 6) Which two areas of the body does Parkinson's affect, besides the brain?<br>a) nerves and muscles<br>b) the legs and fingers<br>c) the stomach and bowels<br>d) the heart and lungs |
| 2) What kind of movements does tai chi involve besides deliberate ones?<br>a) sudden and unexpected ones<br>b) careful and thoughtful ones<br>c) beautiful and elegant ones<br>d) slow and meditative ones | 7) What might people with Parkinson's have trouble doing?<br>a) cooking<br>b) playing games<br>c) walking and talking<br>d) using the Internet  |
| 3) How long was the study in the article?<br>a) five years<br>b) six years<br>c) seven years<br>d) seven years   | 8) What does the article say tai chi could keep at bay?<br>a) symptoms of Parkinson's<br>b) accidents<br>c) heart disease<br>d) memory loss   |
| 4) What did tai chi practitioners experience less of?<br>a) headaches and backaches<br>b) broken bones<br>c) dizziness and back pain<br>d) vocabulary loss   | 9) What could doing tai chi lead to a higher quality of?<br>a) life<br>b) memory<br>c) sleep<br>d) fitness  |
| 5) What deteriorated more slowly in test participants who did tai chi?<br>a) age<br>b) cognitive function<br>c) memory<br>d) language learning ability   | 10) Who might be burdened less if people practice tai chi?<br>a) ambulance drivers<br>b) instructors<br>c) doctors<br>d) caregivers   |