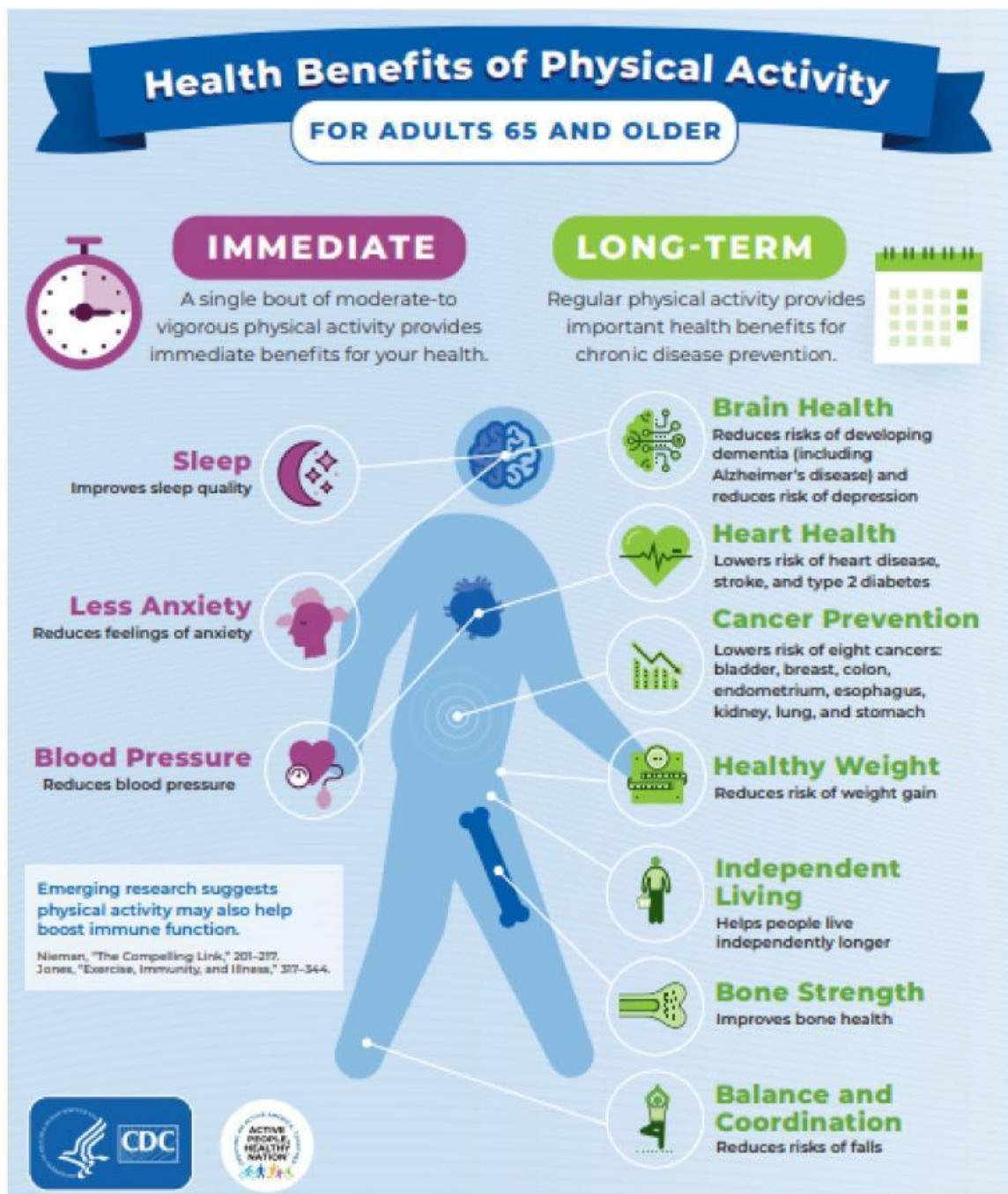


Read the guidelines below on physical activity for the elderly, and choose the correct options:



A single session of moderate to vigorous physical activity **has immediate health benefits / only improves long-term fitness**.

Regular physical activity helps prevent many chronic diseases / **increase blood cholesterol levels**.

Physical activity **reduces feelings of anxiety / raises stress levels** after exercise.

One immediate benefit of exercise for older adults is **improved sleep quality / greater appetite**.

In the long term, regular activity **increases risk of dementia / reduces risk of dementia and depression**.

Physical activity **lowers risk of heart disease, stroke, and type 2 diabetes / increases blood pressure in the long run**.

Staying active helps older adults **maintain independent living longer / become more dependent on care**.

Exercise contributes to **better balance and bone strength / more frequent falls and fractures**.

Listen to this piece of news “Staying strong in old age”, and choose the correct answers.

1. The Chartered Society of Physiotherapy advises older adults to stay strong by taking daily vitamin supplements / carrying their own shopping.
2. According to the CSP, maintaining muscle strength in older people helps reduce cholesterol levels / prevent falls and injuries.
3. The main concern is that many elderly individuals are not engaging in strengthening exercises / performing too much intense physical activity.
4. Falls among elderly patients are highlighted as a major cause of cardiovascular disease / hip fractures.
5. Around one half / one quarter of adults over 65 do not perform any exercises to maintain muscle strength.
6. Recommended activities for older adults include swimming and cycling only / dancing and chair aerobics.
7. The CSP warns that carrying heavy shopping can lead to injury / online shopping reduces physical activity.
8. Professor Middleton emphasized that weakness and frailty are not inevitable / all elderly people will eventually become frail as they age.

And now we'll review some conditionals — specifically the **second, third, and mixed conditionals**. These help us talk about **imaginary situations** in the present and past, and **how past events could affect the present**.

Grammar Focus: Second, Third, and Mixed Conditionals

Type	Structure	Example	Use
Second Conditional	If + Past Simple, would + base verb	If elderly people exercised more, they would feel stronger.	Imaginary or unlikely situations in the present or future.
Third Conditional	If + Past Perfect, would have + past participle	If she had taken her medication, she would have recovered sooner.	Imaginary situations in the past (regrets, different outcomes).
Mixed Conditional	If + Past Perfect, would + base verb	If he had stopped smoking years ago, he would feel better now.	Past situation affecting the present.

Choose the correct option

1. If elderly people (walked / had walked) more regularly, they **would have** fewer joint problems today.
2. If Mrs. Jenkins (had taken / took) her blood pressure medicine, she **wouldn't have been** hospitalized last month.
3. If older adults (did / had done) more balance exercises, they **would reduce** their risk of falling.
4. If Mr. Smith (had eaten / ate) a healthier diet, he **would feel** stronger now.
5. If the nursing home (offered / had offered) more social activities, residents **would be** less isolated today.
6. If she (had gone / went) to physiotherapy last year, she **would walk** without pain now.
7. If seniors (got / had got) enough sleep every night, they **would feel** more energetic during the day.
8. If the patient (had followed / followed) the doctor's advice, he **wouldn't have suffered** complications.
9. If elderly people (were / had been) more active in their youth, they **would have** stronger bones now.
10. If his family (had noticed / noticed) the symptoms earlier, he **would have received** treatment in time.