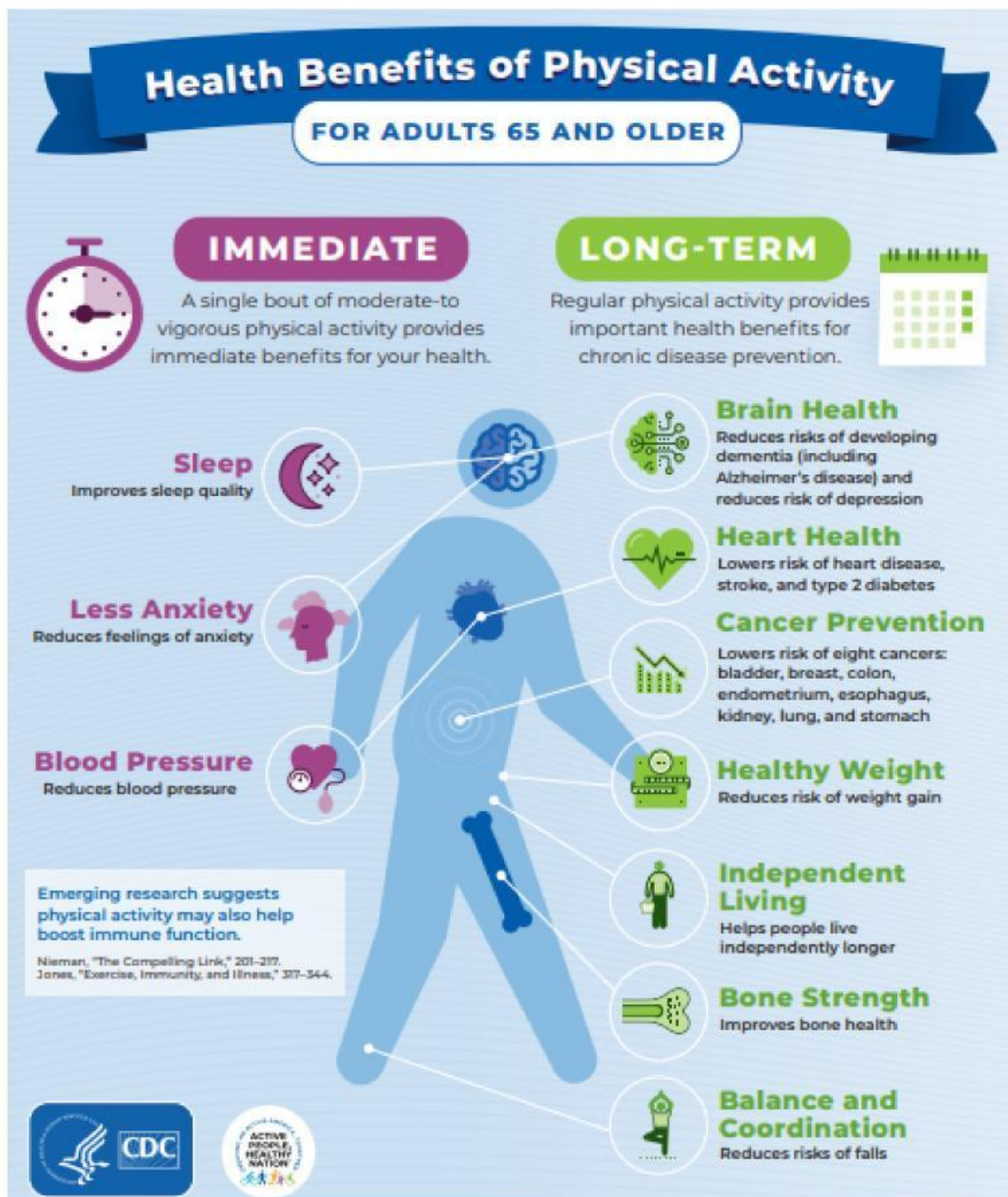


Read the guidelines below on physical activity for the elderly, and choose the correct options:



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 + <b>Past Simple</b> ,<br><b>would + base verb</b>             | If elderly people <b>exercised</b> more, they <b>would feel</b> stronger.       | Imaginary or unlikely situations in the present or future.      |
| Third Conditional  | If + <b>Past Perfect</b> ,<br><b>would have + past participle</b> | If she <b>had taken</b> her medication, she <b>would have recovered</b> sooner. | Imaginary situations in the past (regrets, different outcomes). |
| Mixed Conditional  | If + <b>Past Perfect</b> ,<br><b>would + base verb</b>            | If he <b>had stopped</b> smoking years ago, he <b>would feel</b> 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.