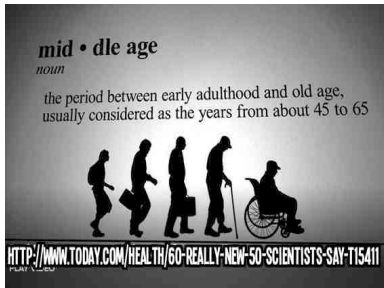


## 60 is the new middle age, not 50

19th April, 2015



For the past 100 years, people believed middle age to be around 50 years old. This is when we start to grow 'old'. However, new research says we have to change this. A study from

the International Institute for Applied Systems Analysis (IIAS) in Austria and Stony Brook University in New York say middle age now starts at 60 or even 65, or older. Why? The biggest reason is that we are living longer. We are also healthier, we have better diets, we exercise more and we have more money to live a nicer lifestyle. The IIAS said: "Since life expectancies have increased over the past several decades, and are continuing to increase, people once considered 'old' should actually be viewed as more middle aged."

The study was not a worldwide one so perhaps not everyone in all countries can say they are middle aged when they are 65. The researchers looked at populations in 39 European countries, so this is good news for Europeans. Britain's National Health Service warned against looking at this study and believing it to be 100 per cent true. It said the researchers did not look at things which could reduce life expectancy: "We don't know whether, for example, they factored in the possible impact of being unable to treat infections because of rising antibiotic resistance, or the increased numbers of people with diabetes due to obesity." It recommended healthy living, eating and exercise as a way to live longer.

Sources: *Today.com* / *NHS.uk* / *HuffingtonPost.com*

## Writing

Life begins at 50. What does this mean? Is it true? What is the best age?

## Chat

Talk about these words from the article.

*100 years / grow old / change / middle age / biggest reason / exercise / decades / worldwide / populations / life expectancy / impact / infections / antibiotics / obesity*

## True / False

- People have thought middle age starts at 50 for the past 1,000 years. T / F
- A new study on middle age is from an institute in Australia. T / F
- Researchers say middle age could start later than 65. T / F
- Life expectancies have been decreasing for decades. T / F
- Researchers carried out their study on middle aged people worldwide. T / F
- Britain's health service cautioned against believing all of the study. T / F
- It is unclear whether researchers included obesity in their study. T / F
- The health service suggested people exercise. T / F

## Synonym Match

- |              |               |
|--------------|---------------|
| 1. believed  | a. global     |
| 2. starts    | b. looked at  |
| 3. reason    | c. decrease   |
| 4. increase  | d. nations    |
| 5. viewed    | e. go up      |
| 6. worldwide | f. because of |
| 7. countries | g. thought    |
| 8. reduce    | h. cure       |
| 9. treat     | i. cause      |
| 10. due to   | j. begins     |

## Discussion – Student A

- When do you think people become "middle aged"?
- What are the good and bad things of being middle aged?
- Is being middle aged something to look forward to?
- What is the best age to be – 20, 30, 40 or 50?
- When do we become old?
- What are the differences between 'middle aged' and 'old'?
- How old do you want to live to be?
- Which 'old' people do you know who are not really old?

## Phrase Match

- |                           |                       |
|---------------------------|-----------------------|
| 1. For the past           | a. nicer lifestyle    |
| 2. This is when we start  | b. 'old'              |
| 3. more money to live a   | c. infections         |
| 4. life                   | d. in all countries   |
| 5. people once considered | e. resistance         |
| 6. not everyone           | f. 100 years          |
| 7. reduce life            | g. way to live longer |
| 8. unable to treat        | h. to grow 'old'      |
| 9. rising antibiotic      | i. expectancy         |
| 10. exercise as a         | j. expectancies       |

## Discussion – Student B

- Should older people not dye their hair or wear young fashion?
- What do you think about what the study said?
- What do you think of what Britain's NHS said?
- What do you think your life expectancy might be?
- Do you hope science will make us live a lot longer?
- What do you think of the age you are now?
- Do you do anything to live longer?
- What questions would you like to ask the researchers?

## Spelling

- people blieedve middle age to be around 50
- the international utinsttei
- live a nicer tiefleysl
- over the past revlse decades
- people once dinersedoc 'old'
- be eedvwi as more middle aged
- nlosaitopup in 39 European countries
- acehsrrerse did not look at things
- uerced life expectancy
- unable to treat ontesifcni
- people with diabetes due to osyeitb
- sceierxe as a way to live longer

### Answers – Synonym Match

1. g	2. j	3. i	4. e	5. b
6. a	7. d	8. c	9. h	10. f

## Role Play

### Role A – Grandchildren

You think grandchildren are the best things about middle age. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which of these could be most stressful (and why): holidays, money or hobbies.

### Role B – Holidays

You think holidays are the best things about middle age. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which of these could be most stressful (and why): grandchildren, money or hobbies.

### Role C – Money

You think money is the best thing about middle age. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which of these could be most stressful (and why): holidays, grandchildren or hobbies.

### Role D – Hobbies

You think hobbies are the best things about middle age. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which of these could be most stressful (and why): holidays, money or grandchildren.

## Speaking – Old

Rank these with your partner. Put the best things about being old at the top. Change partners often and share your rankings.

- |          |                 |
|----------|-----------------|
| • time   | • grandchildren |
| • sports | • retirement    |
| • money  | • holidays      |
| • house  | • friends       |

### Answers – True False

a	F	b	F	c	T	d	F	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.