



The New Middle Age

People think middle age has been around the age of 50. This is when we grow 'old'. A new study from the IAS says middle age starts at 60, 65, or older. The biggest reason is that we are living longer. We are healthier, eat better, exercise more and we have nicer lifestyles. The IAS said life expectancies have increased, so people we once called 'old' are not really old. We should think that they are middle aged.

The researchers looked at people in 39 European countries. Britain's National Health Service (NHS) warned the study is not 100 per cent true. The researchers did not look at things that could reduce life expectancy. We don't know about the impact of all diseases and infections, or about antibiotic resistance. There are also more people with diabetes and obesity. The NHS said we should eat healthy food and exercise to live longer.

Q: _____

Q: _____

Q: _____

New Words or Phrases

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