**Дата 22.12.20.**

**Группа 18-ПСО-1дк**

**Дисциплина Английский язык**

**Тема: Как живут пожилые люди в Англии**

What is the elderly person? Usually this term is used for the people who crossed the age limit of sixty years.

Each of us will turn to an elderly person in thirty, twenty or even ten years. Now those are just our parents, grandparents, aunts or uncles.

But until this age does not come, we think that every day the elderly run out of vitality and energy, add more diseases, and this algorithm is unchangeable and constant. From the perspective of those who measure the time [**until they turn sixty**](http://tooday.ru/?l=eng&r=22&t=about_the_elderly_people-o_pojilyih_lyudyah-d9#2015) by several decades, the elderly people automatically comprehend the wisdom of life and its justice, and the saying " The road of life is lined with many milestones " opens them all its piercing depth. All that part of humanity whose final phase of life time is measured in decades, begins to feel sorry for the elderly, to sympathize with their infirmities, diseases, loneliness. From the height of early age it seems that all elderly people become dependent on the young, waiting for their attention, care and love.

But the paradox is opened after a heart to heart conversation with the people who crossed the line of the age of sixty. It turns out that [**most of them**](http://tooday.ru/?l=eng&r=22&t=about_the_elderly_people-o_pojilyih_lyudyah-d9#2017) feel the same boys and girls, they once were, and it seems to them it was not long ago, just recently. With shiny eyes they will share their memories, [**tell how they created grandiose plans,**](http://tooday.ru/?l=eng&r=22&t=about_the_elderly_people-o_pojilyih_lyudyah-d9#2018) how they dreamt to conquer all the difficulties of life and stand on the top of success with their head held high.

After wandering in their own memoirs, many of them will share grand plans for the next day from the viewpoint of today. Listening to their “gambling” plans, the faith of their implementation comes to you. And then suddenly the idea of the weak and unnecessary aged representatives of the society collapses. Here comes a desire to ask for their advice, listen to their assessment of the plans, a trial to use their knowledge and experience. You want to know them better and to share your life values with them. And what is the most important: you wish to alleviate their physical condition, caused by the number of years lived, to help them to harmonize their soul with the state of the body.

Work on longevity

Работа над долголетием

Where is the starting point of aging? It turns out that [**the beginning of the aging process, and its rate are largely**](http://tooday.ru/?l=eng&r=22&t=about_the_elderly_people-o_pojilyih_lyudyah-d9#2020) dependent on external parameters: climatic, social and living conditions of human life.

Где находится точка начала старения? Оказывается, начало процесса старения, и скорость его во многом зависят от внешних параметров: климатических, социальных, бытовых условий жизни человека.

Of course, the internal performance is also reflected in the changes occurring to the body: the manifested heredity, some life-threatening diseases acquired in the process of life, peculiarities of mental state, preferences in the nutritive process, bad habits, all these individual features accelerate or slow down the aging process of the body.

Конечно, внутренние показатели также отражаются на происходящих в организме изменениях: проявленная наследственность, приобретенные в процессе жизни заболевания, особенности психического состояния, предпочтения в системе питания, вредные привычки – эти индивидуальные особенности ускоряют или замедляют процессы старения в организме.

You always have to remember that people die [**from illnesses**](http://tooday.ru/?l=eng&r=22&t=about_the_elderly_people-o_pojilyih_lyudyah-d9#2022), not from old age. Therefore, to stay as long as possible in an active mental and physical condition, to be a relevant and interesting person in the surrounding society you should stick to a healthy lifestyle as early as possible. Each elderly person is able to protect his body [**from diseases**](http://tooday.ru/?l=eng&r=22&t=about_the_elderly_people-o_pojilyih_lyudyah-d9#2023), reduce the impact of chronic diseases if he or she wants to stay active after the age of sixty. A healthy lifestyle is the key to the normal mental state, physical condition and active, vibrant intellectual activity.

Всегда надо помнить, что человек умирает от болезней, а не от старости. Поэтому, чтобы оставаться как можно дольше в активном психическом и физическом состоянии, быть значимой и интересной фигурой в окружающем обществе, следует переходить на здоровый образ жизни как можно раньше. Защитить свое тело от болезней, снизить негативное влияние хронических заболеваний в состоянии каждый пожилой человек, которому хочется оставаться активным и после шестидесятилетнего возрастного рубежа. Здоровый образ жизни – залог нормального психического состояния, активного физического состояния, яркой интеллектуальной деятельности.

What is a healthy lifestyle? The terms of a healthy lifestyle are simple and accessible to everyone. Here are the seven components that make the life of an elderly man harmonious and meaningful:

В чем заключен здоровый образ жизни? Условия здорового образа жизни просты и доступны каждому. Вот эти семь составляющих, которые сделают жизнь пожилого человека гармоничной и осмысленной:

1. A rational and convenient mode of the day.

1.Рациональный и удобный режим дня.

2. The refusal of bad habits, which include: smoking, excessive drinking, drug abuse, overeating, excessive consumption of fatty, spicy foods, nervous stresses.

2.Отказ от всех вредных привычек, к которым относятся: курение, чрезмерное употребление алкоголя, употребление наркотиков, переедание, чрезмерное употребление жирной, острой пищи, нервное перенапряжение.

3. A nutritionally moderate diet.

3.Сбалансированное по питательным веществам умеренное питание.

4. A constant, but moderate exercise.

4.Постоянные, но умеренные физические нагрузки.

5. A regular sound sleep.

5.Регулярный здоровый сон.

6. Positive emotions.

6.Положительные эмоции.

7. Constant and moderate intellectual efforts.

7.Интеллектуальная постоянная умеренная нагрузка.

To stay in an active position in life is very simple. First of all, you must want it. After that, take responsibility for the quality of life for yourself and plan a healthy living. The hardest part is a strict adherence to the Plan of a Healthy Life during the first six months, until the formation of new habits and practices is finished. After these six months of living under the new rules, the fresh formed habits will help you to follow the plan and your life will appear in a new light.

Оставаться в активной жизненной позиции, оказывается, очень просто. Прежде всего, нужно этого захотеть. После этого взять ответственность за качество жизни на себя и составить План Здоровой Жизни. Самое сложное – неукоснительное следование Плану Здоровой Жизни первые шесть месяцев, пока формируются новые привычки и устои. После шестимесячной жизни по новым правилам в помощь дальнейшему следованию Плану подключатся сформированные новые привычки, и жизнь предстанет в новом свете.

When the number of the followers of the Plan of a Healthy Life [**among the elderly is a majority**](http://tooday.ru/?l=eng&r=22&t=about_the_elderly_people-o_pojilyih_lyudyah-d9#2024), the mankind has to revise all of the definitions and theories of the elderly and to recognize them as the active participants in the development of life on the Earth. But today all young people should respect the aged and realize that life renews [**when they grow older themselves**](http://tooday.ru/?l=eng&r=22&t=about_the_elderly_people-o_pojilyih_lyudyah-d9#2026), new opportunities will open up to flourish anew. That's to be admired and you should never feel sad. Anyone has to appreciate what the life and the [**world offer to us**](http://tooday.ru/?l=eng&r=22&t=about_the_elderly_people-o_pojilyih_lyudyah-d9#2027). Any age, any time, any way....

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