

HEALTHY AGING

FAMOUS QUOTES ABOUT AGING

(10:00-10:15)

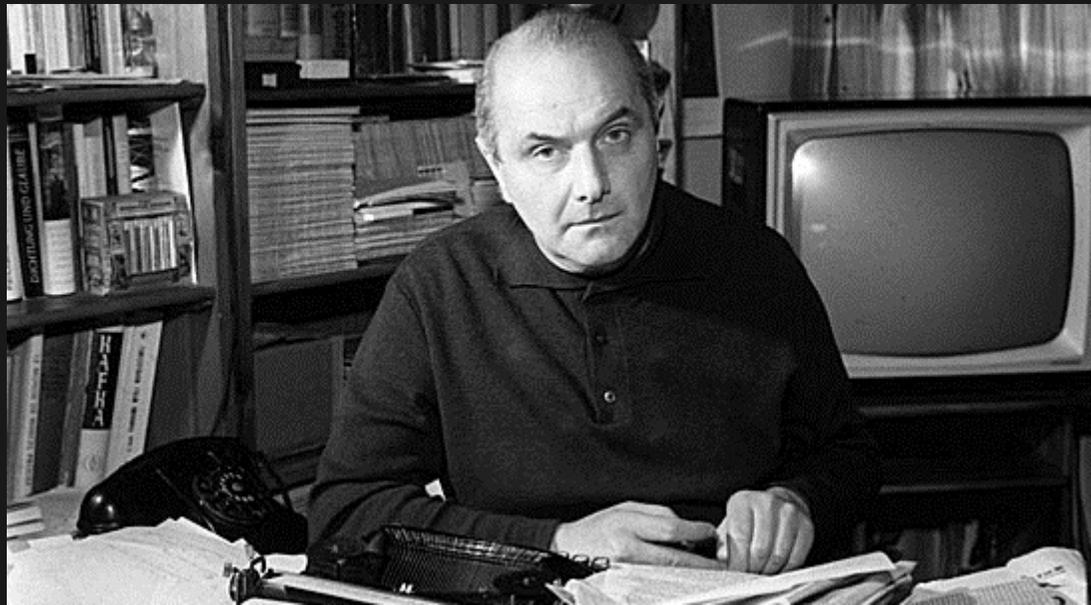
H.L. MENCHKEN

- American journalist and critic
- Famous for his wit and skepticism



STANISLAW JERZY LEC

- Polish poet



FRANK LLOYD WRIGHT

- Architect



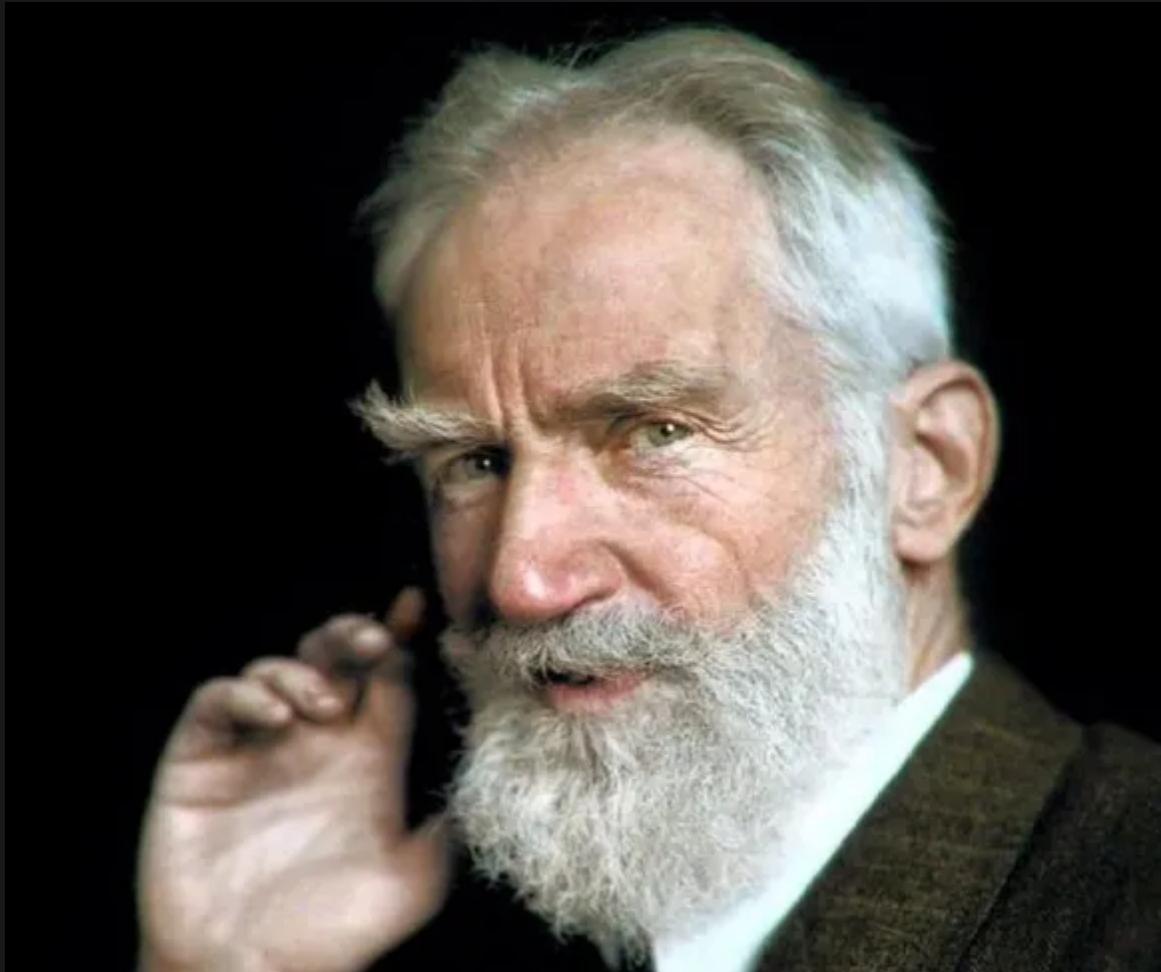
GOLDA MEIR

- Israel's fourth Prime Minister



GEORGE BERNARD SHAW

- Irish playwright, critic, political activist



FAMOUS QUOTES WORKSHEET

VOCABULARY

(10:15-10:20)

1. COGNITIVE DISSONANCE

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THE MENTAL DISCOMFORT EXPERIENCED WHEN HOLDING CONFLICTING BELIEFS, VALUES, OR ATTITUDES.

*Some people experience **cognitive dissonance** when their actions don't align with their values.*

2. CONFLICT

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A SERIOUS DISAGREEMENT OR ARGUMENT;
INCONSISTENCY.

*There may be a **conflict** between enjoying sweets and wanting to eat healthily.*

3. CHRONIC

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LASTING FOR A LONG TIME OR CONSTANTLY
RECURRING.

*Ignoring signs of **chronic** conditions can lead to health
problems.*

4. MISCONCEPTION

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A VIEW OR OPINION THAT IS INCORRECT BECAUSE IT IS BASED ON FAULTY THINKING OR UNDERSTANDING.

*A common **misconception** about aging is that it always leads to poor health.*

5. IGNORE

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TO DELIBERATELY PAY NO ATTENTION TO;
DISREGARD.

It's unwise to ignore regular check-ups as part of a healthy aging plan.

6. AVOID

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TO KEEP AWAY FROM OR STOP ONESELF FROM
DOING SOMETHING.

*To maintain good health, one should avoid excessive
sugar and fat.*

7. ISOLATE

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TO SET APART OR CUT OFF FROM OTHERS; TO
REMAIN ALONE OR SEPARATED.

*People who **isolate** themselves socially may face
emotional and mental health challenges.*

8. REFUSE

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TO SHOW THAT ONE IS NOT WILLING TO DO
SOMETHING.

*Some individuals **refuse** vaccinations, despite their
importance in preventive care.*

9. EXCESSIVE

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MORE THAN IS NECESSARY, NORMAL, OR DESIRABLE.

Excessive alcohol consumption can have negative effects on one's health.

10. BEHAVIOR

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THE WAY A PERSON ACTS, CONDUCTS ONESELF, OR THE MANNER IN WHICH A PERSON ROUTINELY ACTS.

*Adopting positive **behavior** such as exercise and a balanced diet contributes to healthy aging.*

WORD-DEFINITION RELAY

(10:20-10:30)

THE WORST ADVICE FOR HEALTHY AGING

(10:30-11:00)

- Cognitive Dissonance worksheet

HELPFUL ADVICE ROLE-PLAY

(11:00-11:20)

- Doctor and Patient
- Convincing a family member to change an unhealthy behavior
- A TV commercial encouraging senior citizens to adopt healthy behaviors

COOL DOWN/REFLECTION

(11:20-11:30)

- What did you learn?
- What surprised you?
- How can you apply these insights to your life?

IF YOU ENJOY HOMEWORK

Write a reflective journal entry on your thoughts about healthy aging and how you plan to apply the concepts in you life.