**Track 73**

**Doctor:** I want to thank you both for coming in. Mrs. Jacobs, I asked you to join us because you’ll need to hear the recommendations I'm making for your husband.

**Mrs. Jacobs:** I hope it's nothing serious.

**Doctor:** No, no. A lot of what I want to talk about is preventative, common sense stuff and you should be a part of that.

**Mike:** So what's the news, doctor?

**Doctor:** Generally, Mike, you're in good overall health, but you have two continuing issues. You continue to have moderately high blood pressure and your test results show elevated levels of cholesterol.

**Mrs. Jacobs:** So what do we do about that? Medication?

**Doctor:** No, not yet. I prefer to prescribe medication as a last resort. Like I said, I think there are some common sense things that Mike can do.

**Mike:** This doesn't sound fun.

**Doctor:** Basically there are three things I want you to focus on – more exercise and, in my book, it doesn't count as exercise unless you work up a good sweat. I also want you to decrease your intake of both saturated fats and salt. By saturated fats I'm talking about fatty red meats and things like butter. Olive oil is actually a good fat.

**Mrs. Jacobs:** I'll go online and learn more about that.

**Doctor:** Great! And as I said, salt. I think if you can significantly reduce your intake of salt, Mike, it'll make a big difference.

**Mrs. Jacobs:** He puts salt on his food before he even tastes it!

**Doctor:** That's what I mean. Most of us get plenty of salt from the foods we eat. We don't need to be adding salt. And avoid salty foods like crisps and processed foods. Read the labels on the foods you eat.

**Mike:** Well, that doesn't sound too bad and it’s definitely better than having to take tablets or, even worse, having a heart attack.

**Doctor:** Exactly. With a little effort I think we can get both your blood pressure and cholesterol levels down.

**Mrs. Jacobs:** Thank you, doctor. I can promise you that we’re going to make some changes in our lifestyle. For me too!

**Doctor:** Excellent! Mike, I'd like to see you again in three months and obviously call us if you have any other issues.

**Mike:** Thanks very much, doctor.

**Track 74**

Many of the elderly in China don’t sleep late in the mornings and it's not because they have to get up and go to work. Early each morning, millions of senior citizens gather in parks to exercise and socialize. And there are plenty of places to go. In 1995, some 30,000 outdoor recreation areas were established as part of a nationwide fitness programme sponsored by the Chinese government.

Dai Wei – 82 years old in 2008 – a Chinese man with wispy hair and boxy glasses, headed to Shanghai's Fuxing Park for t’ai chi, the meditative martial art of stretching and balance exercises. T’ai chi is widely practiced in China and has become increasingly popular around the world because of its perceived health benefits and stress management. There are several variations which make it appropriate for people of all ages.

In the afternoon, Dai visited another park to dance with fellow senior citizens. ‘I dance rumba and cha-cha for my physique,’ Dai said, ‘but more important because it makes me happy.’ His active lifestyle could also be a reason for his longevity. Zeng Yi, a professor of demography at Peking University in Beijing, China, led a study along with colleagues from Duke University in the US. They studied nearly 37,000 elderly Chinese. They took into account people's basic health at the beginning of the study, as well as socioeconomic status, family support and other factors. The study found that regular exercisers, aged 80 and older, lower their risk of mortality by 20 percent. Indeed, the researchers found that China's average life expectancy leads many other nations in the world.

In 2015, the World Health Organization published data showing life expectancy in China was: male 74.6 and female 77.6, for an average life expectancy of 76.1. At that time, it ranked China as number 54 in the world.

It's hard to say exactly what the main contributing factors to longevity are. Is it diet? Is it going to a park to exercise with others? Is it friendships? Is it dancing? Is it laughter? No one can quite say for sure, but for people like Dai Wei, it didn’t really matter!

**Track 75**

The Role of the Mind in Achieving Well-Being

The mind-body connection has long been a key part of our understanding of health and happiness. Thousands of years ago, the Roman poet Juvenal summed up the relationship in the well-known Latin phrase, ‘Mens sana in corpore sano.’ This sentence is best translated as, ‘a healthy mind in a healthy body.’ The idea of a link between physical and psychological well-being is easy to accept. After all, most people know from experience that when they’re in a good mood, they also feel better physically. Similarly, when people feel down, they often feel physically unwell. However, for many years there was no concrete evidence to support this widely accepted idea.

In the 1990s, neuroscientist Richard Davidson decided to look for proof of the connection between physical health and mental well-being. Davidson had recently begun teaching at the University of Wisconsin-Madison and had founded a laboratory dedicated to the study of emotions. He had the idea of examining the minds of people who meditated regularly. The simple technique of sitting comfortably for several minutes, eyes closed and attention directed on breathing, was said to produce feelings of intense love and compassion, even euphoria. Davidson thought it was likely that these powerful feelings would have a tangible manifestation. If he could identify physical changes that took place when people meditated, he would have strong evidence that physical and mental well-being were related.

For the study, Davidson and his colleagues recruited long-term practitioners of Buddhism. Meditation is an important part of the Buddhist faith and is believed to be a way to achieve inner peace. The people that Davidson worked with were very experienced meditators and had spent an average of 34,000 hours in mental training. Davidson asked them to alternate between a meditative state and a neutral state while he measured activity in the brain using magnetic resonance imaging. The results of the study were fascinating. Davidson was able to measure a very high level of gamma waves in the participants’ brains when they meditated.

Gamma waves are a type of neural activity related to concentration and focus. Brain scans of people who did not meditate regularly did not show this activity.

Davidson subsequently carried out further experiments and made other interesting discoveries. He was able to prove that in addition to having higher levels of gamma waves, people who meditate show more activity in an area of the brain called the anterior insula, which has a role in regulating the immune system. This aspect of Davidson’s research suggested that meditation could help people maintain better overall health. Meanwhile, he also identified increased activity in the left prefrontal cortex, an area of the brain understood to be associated with happiness. As such, he was able to confirm that the feelings of contentment the meditators described had a physical basis. Although many questions remain, Davidson’s studies have confirmed that meditation has a powerful and measurable effect on the body.

Partly due to Davidson’s research, meditation is experiencing renewed popularity. Celebrities, such as Angelina Jolie, Halle Berry, and Oprah Winfrey, have taken up the practice. Meanwhile, director David Lynch has founded a charitable organization that aims to reduce stress by promoting meditation in schools, at health centers, and among veterans. These public figures, as well as participants in Lynch’s programs, speak about the experience of meditation in ways that are completely consistent with the feelings that the meditators in Davidson’s study described. Indeed, the feelings of happiness and peace that they experienced are in keeping with what advocates of the practice have been saying for thousands of years. Perhaps we should all learn from the wisdom of the past. Ancient practices could have other health benefits that are waiting to be uncovered by modern science.

**Track 76**

Kenneth Shinozuka, My Simple Invention, Designed to Keep My Grandfather Safe

My desire to create a sensor-based technology perhaps stemmed from my lifelong love for sensors and technology. When I was six years old, an elderly family friend fell down in the bathroom and suffered severe injuries. I became concerned about my own grandparents and decided to invent a smart bathroom system. Motion sensors would be installed inside the tiles of bathroom floors to detect the falls of elderly patients whenever they fell down in the bathroom. Since I was only six years old at the time and I hadn't graduated from kindergarten yet, I didn't have the necessary resources and tools to translate my idea into reality, but nonetheless, my research experience really implanted in me a firm desire to use sensors to help the elderly people. I really believe that sensors can improve the quality of life of the elderly.

**Track 77**

Proposal 1

Basically, we want to offer a greater variety of exercise classes. You know, classes like yoga, pilates, and zumba.

Proposal 2

Our main goal is to reduce stress levels in the office.

Proposal 3

In essence, my aim is to remind people of the importance of getting a good night’s sleep.

Proposal 4

Our idea is that, from September, the cafeteria will offer more vegetarian options.

Proposal 5

We’re hoping to reduce the number of hours people spend on their computers.

**Track 78**

Proposal 1

I’d like to organize a trip to a local farm so that pupils can see where fruit and vegetables are grown.

Proposal 2

If we recruit more volunteers, we’ll be able to work more quickly.

Proposal 3

We want to encourage students to use their bikes.

Proposal 4

What we’re proposing is a children’s club in the village hall.

**Track 79**

In the lecture, the professor speaks about both the history of yoga and the health benefits of this ancient practice. The professor suggests that in the future yoga will become even more popular than it is today. Since it first emerged more than 7,000 years ago, yoga has spread around the world to the extent that today you can find yoga studios everywhere. The fact that yoga received UNESCO recognition will probably also contribute to its popularity. While yoga’s health benefits have been known for some time, the scientific community is only starting to research these in more detail. The professor suggests that, in the future, additional health benefits will be discovered.

**Track 80**

1. It's a good idea in principle, but it's hard to stop drinking coffee.

2. I really like the idea of reducing my sugar intake.

3. It's worth remembering that not everyone has access to nutritious food.

4. That sounds like an excellent way of losing weight!

5. Growing our own vegetables is a great idea!

6. Yes, but the problem is, refined sugar is in so many of our foods.

7. You need to bear in mind that organic food is often more expensive.

8. Laughter yoga is a fantastic way to relieve stress.