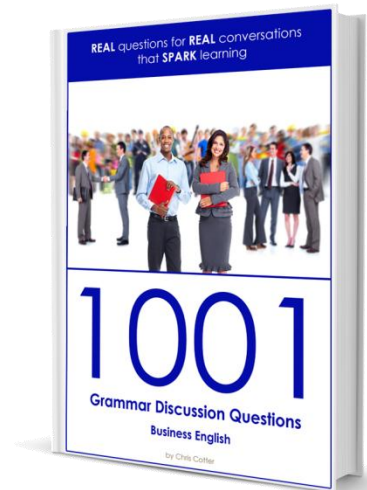
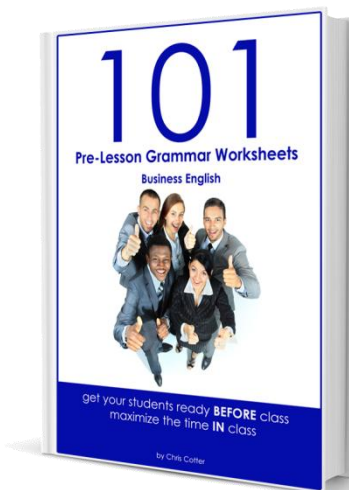


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the ARTICLE (for teachers)

Slow Aging

Lifestyle choices affect aging. People who smoke usually have dry, rough skin. They have wrinkles around their lips too. Or people who suntan have skin like leather, as well as deep wrinkles around the eyes. People who have too much stress get dark circles under their eyes. However, smoking, sun, and stress affect the inside of people too. And until now, no one knew the seriousness of these unseen effects.

Scientists are closely examining the lifestyles of identical twins. Because twins begin life as exact copies of one another, different behavior will affect each sibling's body. Scientists can then compare these differences. Photos show how lifestyle choices affect the outward appearance of the body, and there are internal differences too. The study is currently examining 186 pairs of adult twins.

Scientists are looking at positive lifestyle choices of the siblings too. Healthy diets of fruits and vegetables, exercise, and reducing the amount of stress in the lives of the twins all add years to a their lives.

The goal is to one day extend the lives of humans to 200 or 300 years. Twins may hold an important piece of the puzzle.

Teacher's Notes:

* Underlined words in **red typeface** may be vocabulary unfamiliar to the students.

the Article (for students)

Slow Aging

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Notes:

STEP ONE

Brainstorm: Brainstorm with a partner words and ideas for "aging" for two minutes. Next, talk about the words and ideas for five minutes.

STEP TWO

Discuss: Do you agree or disagree? Why?

- | | |
|----|---|
| a. | You should enjoy life and not worry about growing older. |
| b. | Although everyone grows old, I'd prefer to grow old gracefully. |
| c. | I want to look and feel young for as long as possible. |
| d. | Someday humans will likely live for hundreds of years. |
| e. | My generation will likely live for hundreds of years. |

STEP THREE

The Article: Read the article and work with a partner to understand it. Then summarize the article in your own words.

STEP FOUR

Discuss: Talk about the following questions in pairs/groups. Remember to support your answers and ask more questions with your partner.

- | | |
|----|--|
| a. | How concerned are you with aging? Please explain. |
| b. | Do you think people in general are too worried about aging? Why/not? |
| c. | What lifestyle choices have you made that have had negative effects? |
| d. | What lifestyle choices have you made that have had positive effects? |
| e. | If humans could double their lifespan, would it be a good idea? Why/not? |

STEP FIVE

Discuss: What can people do to live longer, healthier lives? Brainstorm two ideas with a partner and provide reasons. Share your answers with another pair of students.

Idea #1:

Idea #2: