**The story**

Eight healthy habits in middle age may increase your life by more than 20 years.

According to research, you can lengthen your life by doing regular exercise, having a healthy diet, positive social relationships and a regular sleep routine, and avoiding stress, smoking, opioid drugs and too much alcohol.

The study was carried out over eight years and more than 700,000 Americans took part in it.

**Key words and phrases**

**kicking habits**

<table>
<thead>
<tr>
<th>English</th>
<th>Chinese</th>
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<tbody>
<tr>
<td>kicking habits</td>
<td>摆脱习惯</td>
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<tr>
<td>stopping habits</td>
<td>停止习惯</td>
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- I'm trying to stop eating chocolate, but I haven't kicked the habit yet.
- I want to kick the habit of checking my phone all the time.

**longevity**

living or lasting a long time

- The study found that regular exercise improves longevity.
- Having friendly colleagues and flexible hours helps create longevity in a job.

**adopting**

taking as your own

- The organisation has adopted a new approach to hiring.
- After watching that documentary, many have adopted a new attitude towards eating meat.