

Sleep this way to add almost 5 years to your life

Want to live longer? Then prioritize sleep in your life: Following five good sleep habits added nearly five years to a man's life expectancy and almost 2.5 years to a woman's life, a new study found. "If people have all these ideal sleep behaviors, they are more likely to live longer," said study coauthor Dr. Frank Qian, a clinical fellow in medicine at Harvard Medical School and internal medicine resident physician at Beth Israel Deaconess Medical Center in Boston.

"If we can improve sleep overall, and identifying sleep disorders is especially important, we may be able to prevent some of this premature mortality," Qian said in a statement.

What do you do? First, make sure you get a full seven to eight hours of sleep each night. That's tough for many people: 1 in 3 Americans have a sleep deficit, according to the US Centers for Disease Control and Prevention.

But you have to do more than just lay in bed longer — you also need have to have an uninterrupted, restful sleep more often than not. That means you don't wake up during the night or have trouble falling asleep more than two times a week. You also have to feel well rested at least five days a week when you wake up. And finally, you can't be using sleep medications to achieve your slumber.

"We're talking about not just quality and quantity of sleep, but regularity, getting the same good sleep night after night," said sleep specialist Dr. Raj Dasgupta, an associate professor of clinical medicine at the University of Southern California's Keck School of Medicine. He was not involved in the study.

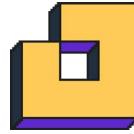
"Recent studies have shown irregularity in sleep timing and duration have been linked to metabolic abnormalities and higher cardiovascular disease risk," he said. "Encouraging maintenance of regular sleep schedules with consistent sleep durations may be an important part of lifestyle recommendations for the prevention of heart disease."

A difference between men and women

The preliminary study, presented Thursday at an annual meeting of the American College of Cardiology, analyzed data from over 172,000 people who answered sleep questionnaires between 2013 and 2018 as part of the National Health Interview Survey. The annual survey is done by the CDC and the National Center for Health Statistics.

Each of the five healthy sleep habits — falling asleep easily, staying asleep, getting seven to eight hours of zzz's, waking up rested and foregoing sleep meds — was assigned a number. People were scored on how many of the five habits they had. About four years later, researchers compared those scores with National Death Index records to see if their sleep behaviors contributed to an early death from certain diseases or any cause.

The team then factored out other potential causes for a higher risk of dying, such as alcohol consumption, lower socioeconomic status and existing medical conditions. "Compared to individuals who had zero to one favorable sleep factors, those who had all five were 30% less likely to die for any reason, 21% less likely to die from cardiovascular disease, 19% less



likely to die from cancer, and 40% less likely to die of causes other than heart disease or cancer," according to a statement on the study.

Men who followed all five of the healthy sleep habits had a life expectancy that was 4.7 years greater than people who had none or only one of the five elements of low-risk sleep, the study found. The impact of healthy sleep habits was much lower for women: Those who followed all five sleep habits gained 2.4 years compared with those who did none or only one.

"That was an interesting part of the study for me, and I hope we can find that answer with more research," Dasgupta said. One potential reason for that gender difference, he added, could be the difficulty of evaluating women for obstructive sleep apnea, a potentially deadly condition in which breathing stops every few minutes. The more severe the apnea, the greater the risk of coronary artery disease, heart attacks, heart failure and strokes.

"Women with obstructive sleep apnea often get underdiagnosed or misdiagnosed because they may not present with the classic symptoms that we see when we're evaluating men," Dasgupta said. "Maybe we need to ask different questions or look at different parameters, or is there something we're missing here?"

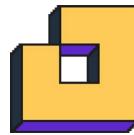
Good sleep hygiene

Would your score be less than five? Don't fret — the good news is that you can easily train your brain to better sleep by following what is called good "sleep hygiene." It's important to go to bed at the same time on most nights and get up at the same time most mornings — even on weekends and holidays.

Make sure your sleeping environment is optimal — cooler and darker is better — and block noise or try a sound machine. Avoid booze before bed — it may seem like you're falling asleep more easily, but when your liver finishes metabolizing the alcohol at 3 a.m., your body will wake up, experts say. Set up a sleep routine, with no blue lights or distractions at least an hour before bedtime. Try meditation, yoga, tai chi, warm baths — anything that relaxes you is great.

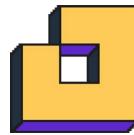
Parents and caregivers can learn these habits and teach them to their children, thus providing them with a better shot at a longer life, Qian said. "Even from a young age, if people can develop these good sleep habits of getting enough sleep, making sure they are sleeping without too many distractions and have good sleep hygiene overall, it can greatly benefit their overall long-term health," he said. "Just like we like to say, 'it's never too late to exercise or stop smoking,' it's also never too early. And we should be talking about and assessing sleep more often."

Source: [Sleep this way to add almost 5 years to your life](#)



Fill The Words With Appropriate Meaning!

1. Prioritize :
2. Expectancy :
3. Premature :
4. Mortality :
5. Uninterrupted :
6. Medications :
7. Regularity :
8. Metabolic :
9. Preliminary :
10. Questionnaires:
11. Foregoing :
12. Factored out :
13. Socioeconomic:
14. Favorable :
15. Obstructive :
16. Underdiagnosed:
17. Misdiagnosed :
18. Hygiene :
19. Metabolizing :
20. Assessing :



The male loneliness epidemic and how it affects fathers

Several years ago, another dad reached out to me after reading my work about being a stay-at-home dad. He was married, had two toddlers and was not coping well. He couldn't find another person to talk to outside his family. He didn't say it, because most of us men won't, but fatherhood was taking a toll on his mental health and self-worth. He felt alone — but not because he didn't have a good relationship with his significant other. He told me it was because he didn't have friends.

We hear a lot these days about men not finding the kind of deep friendship that helps them through the ups and downs of life the way many women do. I've also experienced what has been called the male loneliness epidemic, and many dads tell me it has reached into fatherhood.

"There's no one to talk to. I walk into a place that is crowded, and it's like I don't even exist," the dad told me. His experience hit home with me. When I was a new stay-at-home dad 15 years ago, I took my children to the mall playground one day. I sat on the floor with my newborn while my toddler played on the germ-infested equipment. I had my arm draped over the end of a bench while I read a book.

Soon, a mom's group came to the bench, put down their bags and parked their strollers. Then one mom sat on my arm and didn't notice. Eventually, I politely said "Excuse me" to her, and she looked at me shocked and didn't offer an apology. Apparently, I was invisible.

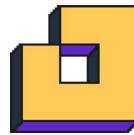
What exactly is going on?

The biggest question I get asked by fathers is how to find connection and friendship. No matter whether they are at-home dads or not, the lack of meaningful connections is a hole in our lives. Richard Reeves, author of "Of Boys and Men: Why the Modern Male Is Struggling, Why It Matters, and What to Do About It," calls it the "friendship deficiency."

In the United States, many men have become disconnected from the societal institutions that have anchored dads to each other and our community. Historically, men have made long-term bonds through religious institutions and friendships at work. Our sense of worth derived from what we could provide our families.

What's more, men in today's society may view deep relationships as not masculine, thus further isolating themselves. Only 48% of men reported feeling satisfied with friendships, according to a May 2021 survey by the Survey Center on American Life, as previously reported by CNN. And 1 in 5 men said they had gotten emotional support from a friend in the past week, compared with 4 in 10 women.

All the traditional male institutions have been eroded, and that's not to say that the disruption is a bad thing. Those power bases kept women subjected to the will of men. As parents and guardians, we shouldn't go backward, but we need to reimagine a new normal. The problem for fathers is finding that new normal in a way that meets our needs as well as the needs of the women in our lives.



"There are very little support systems for fathers," said Reeves, who is also a nonresident senior fellow at the Brookings Institution, a nonprofit think tank based in Washington, DC. "I mean really institutional support on every level for fathers." Loneliness within fatherhood goes way beyond having a spouse or not. We have to go back to the most basic concept of community, and that's friendship. The ability to seek advice or be vulnerable without fear is priceless and as fathers, we don't have that in this current environment. Too many new dads lack the mentorship that comes from others involved in our lives.

As Reeves notes, women have made tremendous strides in equality over the past 50 years. And relatively speaking, progress has happened fast. This is a victory for both men and women as it truly gives everyone more choice and more freedom. Women are no longer beholden to husbands because of financial restraints. However, men have not kept up with the changing world and as a result, as our connections have deteriorated, we have become alone in a world of people.

This is why I often get the question from other fathers who come to me alone, sometimes lost, and more than anything, seeking someone who can understand what they are going through. Most of these men are married and yet are still lonely. This type of isolation is a huge problem for men. A June study points out that people who are socially isolated have a 32% higher chance of dying early compared with those who don't experience social isolation. Reeves writes in his book that one of the most common words in men's suicide notes is the word "worthless." Men need to find our worth again.

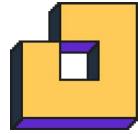
How we think about fathers and fatherhood

Too often, fathers are portrayed as unnecessary idiots that complicate parenting rather than adding to the family. In movies, TV shows and novels, the father must often be restrained by the mother. Instead of encouraging involved parenting by men, popular culture tends to ridicule it. That messaging has to affect how fathers and others feel about their parenting. "We have to change the story of fatherhood," Reeves said. "The model of fatherhood needs to be more hands-on."

The US also needs policy changes that support and encourage fatherhood from the beginning. Currently, there is no national paternity leave policy. As fathers, our job is not done the minute the child is born. It's just beginning. And if fathers do take parental leave when a child is born, we are often asked why. It is presumed that childcare is women's work and fathers have no role.

Next, we need to create communities that encourage fathers to be their best. Men need that emotional and physical support. For at-home dads, we can often find that from The National At Home Dad Network or City Dads Group. Both national organizations go beyond at-home dads, though. We don't care whether you stay home with the kids or not, if you're a working dad, or a divorced dad. We recognize that you are a dad, and all dads deserve to have mentorship and a place where they can find friendship. But it's going to take real societal change in the way we think and act about parenting and fatherhood.

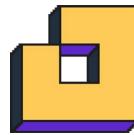
Reeves advocates for what he calls HEAL: health, education, administration and literacy. To put it simply, he encourages men to take on caregiver roles such as teachers, nurses and paid childcare workers. I recognize that there is a lot to overcome to accomplish this. It means that society must see a father's worth beyond a paycheck and a stereotyped buffoon.



We need to recreate institutions that not only encourage fathers to take on the mental load of parenting but also support them to do so. The expectation of fatherhood should not be based on a paycheck and how many hours we work. Financial caregiving is certainly important, but so is the bond that we have with our children, our family and our community.

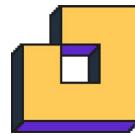
It can be hard to make friends as a man, but we need to step away from our isolated lives and step back into our community. We can do it through volunteering for a local organization, joining a hobby with regular meetups or simply joining a men's community online such as Fathering Together. We have to put ourselves out there on a personal level and actively work to make friends.

Source: [Men's lives literally depend on making that connection. This is the truth of the male loneliness epidemic. Right now, it's the bonds with others that we need more than anything else.](#)



Fill The Words With Appropriate Meaning!

1. Toddlers :
2. Coping :
3. Epidemic :
4. Infested :
5. Invisible :
6. Deficiency :
7. Institutions :
8. Anchored :
9. Eroded :
10. Reimagine :
11. Institutional :
12. Mentorship :
13. Strides :
14. Beholden :
15. Deteriorated :
16. Worthless :
17. Ridicule :
18. Paternity :
19. Advocates :
20. Buffoon :



Dads need to make healthy behaviors a part of their lives as they age

If you had to choose, which would you rather have: a healthy father or a good father? Studies suggest men often choose being a good father over being healthy.

Becoming a father is a major milestone in the life of a man, often shifting the way he thinks from being “me focused” to “we focused.” But fatherhood can also shift how men perceive their health. Our research has found that fathers can view health not in terms of going to the doctor or eating vegetables but how they hold a job, provide for their family, protect and teach their children, and belong to a community or social network.

As founder and director of the Center for Research on Men’s Health at Vanderbilt University and as a postdoctoral fellow from Meharry Medical College, we study why men live shorter lives than women, male attitudes about fatherhood, how to help men engage in healthier behavior — as well as what can be done to reduce men’s risk of Type 2 diabetes and heart disease.

Work, sex and health

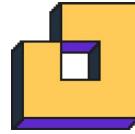
Working with men to try to get them to be more physically active, eat healthier and maintain a healthy weight, we found that for many, their own physical and mental health is not high on their list of priorities. Men, we found, treat their bodies as tools to do a job. Health is not always important or something they pay much attention to until poor health gets in the way of their ability to go to work, have sex or do something else important to them. These roles and responsibilities are often the ways they define themselves as men and how others in their lives define their worth.

While many aspects of gender roles have changed, we have found that many men still recognize they are often defined as good or successful if they have paid employment that is enough to take care of their children and other responsibilities. Fathers generally aspire to be able to look after their children, spouse, partner or other loved ones. That may mean less sleep, longer hours at work and less free time for hobbies and exercise.

Wanting to be a great dad can motivate men to push themselves to work longer and harder than they may have thought possible, but these choices can come at a cost, particularly if they also are not making time to take care of themselves.

We have seen evidence of despair, such as depressive symptoms, having thoughts of suicide, heavy drinking and marijuana use, among adults in their 20s and 30s. These behaviors tend to be higher in men during the time when they tend to become fathers for the first time. Consistent with this pattern, unintentional injuries and suicide are leading causes of death for men across racial and ethnic groups in their 20s and 30s. This is not the case for women.

By age 45, heart disease and cancer are the leading causes of death for all groups of men. These chronic diseases can be prevented, to some degree, by not smoking, eating healthier foods and drinking less alcohol. Also, improving sleep, sitting less and moving more are important behaviors for good health.



Rather than trying to restart these behaviors after taking a break from them for a number of years, studies have found that it is important to help men keep healthy behaviors a part of their lives as they age.

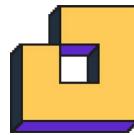
As men age, they may not make deliberate choices to engage in less healthy behavior, but they may just do so because their lives and environments make unhealthy choices easier than healthy ones. Policymakers have to think about how to make it easier to make healthy choices in men's daily lives and to incorporate health into the time fathers spend with children and family or at work. Men don't have equal access to healthy foods or the same opportunities to go to the doctor, be physically active or earn a living wage, and yet, if asked, they all want to be healthy and have a positive influence on their children and families.

Where does making time for their own mental and physical health fit into dads' busy, stressful lives? We have found that it will be different for every father, but loved ones have to help them find a way. Based on our research, we believe that families, particularly women in men's lives, can play an important role in encouraging fathers to eat healthier and take better care of their health.

Wives in particular often provide emotional support, offer advice, facilitate men going to the doctor and promote healthy behavior. Wives, daughters and other women in fathers' lives are important sources of information about men's health, and they often play a key role in helping fathers and other men better understand and cope with stress.

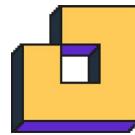
As we celebrate fathers, it is important to recognize that fathers, generally speaking, may not place health at the top of their priorities. Many fathers gladly sacrifice to see their children happy, safe and successful. The problem is that if fathers think only about these goals, their own health can often suffer.

Source: [Dads need to make healthy behaviors a part of their lives as they age](#)



Fill The Words With Appropriate Meaning!

1. Milestone :
2. Perceive :
3. Founder :
4. Attitudes :
5. Priorities :
6. Responsibilities:
7. Employment :
8. Aspire :
9. Motivate :
10. Despair :
11. Depressive :
12. Unintentional :
13. Chronic :
14. Deliberate :
15. Policymakers :
16. Incorporate :
17. Facilitate :
18. Promote :
19. Sacrifice :
20. Suffer :



These are the biggest concerns facing teen boys and girls

If you feel like your teen is a mystery, new data may help give you a better look inside their world. While teen boys and girls are facing many of the same issues, including school pressure and mental health concerns, they may need different kinds of support, according to a Pew Research Center Survey published Thursday.

"One of our main objectives with the research was trying to understand the challenges that teens are facing these days, and specifically how they're experiencing school, and whether these things differ by gender," said Kim Parker, Pew's director of social trends research. "We've been doing a lot of work this year on men and masculinity, and part of that conversation involves what's happening with boys and girls." The survey was conducted September 18 through October 10 among 1,391 teens ages 13 to 17.

While the data did show differences among them ---- such as girls reporting more of a pressure to fit in socially and look good while boys said they felt they should be strong and good at sports more often -- many of their perspectives were similar. Both girls and boys said it was highly important to find a career they enjoy, making money and cultivating friendships in the future, according to the data.

"We are prone to negatively stereotyping teenagers as superficial in their interests, and these results are an excellent reminder that teenagers are serious about the schoolwork they're doing now, and they are looking ahead to their careers," said psychologist Dr. Lisa Damour, author of "The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents." She was not involved in the report.

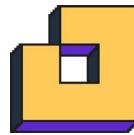
The pressure to perform

Teen boys and girls alike reported they felt pressure to get good grades, according to the data. And for those who didn't see it as an even split, both teen girls and boys perceived girls as getting better grades and being favored by teachers, the report showed. What they perceive matches existing data that shows girls on average do tend to get better grades than boys, Damour said.

But grades aren't a zero-sum game -- the success of girls in school doesn't have to mean boys do worse, said Dr. Annie Maheux, assistant professor of psychology and neuroscience at the University of North Carolina at Chapel Hill and Winston Family Distinguished Fellow at the Winston National Center on Technology Use, Brain and Psychological Development.

The disparity might be a sign that something in schooling isn't working for boys as well as it should, noted Maheux, who wasn't involved in the survey. "Schools are set up in such a way that kids who sit still and are less impulsive are going to do well, and we know that there's a big difference in brain development in early adolescence, and that the part of the brain that's used for impulse control and critical thinking develops later in boys than girls," said Michelle Icard, a parenting educator and speaker.

"We are teaching to half of the audience and need to broaden the way we approach education," said Icard, who wasn't involved in the report.



More activity and teaching styles that incorporate hands-on learning, for example, might help teen boys do better academically, said Icard, author of "Fourteen Talks by Age Fourteen: The Essential Conversations You Need to Have With Your Kids Before They Start High School."

Support in friendships

There is good and bad news when it comes to what teens said about their friendships. Only 2% of teens said that they didn't have any friends, according to the Pew report. And while that number of those without friends would ideally be zero, it is lower than expected and feels positive, Icard said. Friendships are especially important in adolescent years, she added.

"Teens are at an age where they're less likely to turn to an adult for support. They're naturally going to reach out to their peers before looking to an adult, and peers can be great ushers to adults as needed," Icard said. "But if you don't have someone who says, 'Hey, this is a problem you should talk to a grown-up about,' then that can be dangerous."

Although most boys reported they had a close friend they could turn to for support, the number was lower (85%) compared with that of girls (95%) who said they could turn to a friend for support, the data showed.

"We need to try to lose the mythology that boys don't make close relationships," Damour said. But at the same time, "we need to take very seriously that we continue to socialize boys to feel that vulnerable emotions are unacceptable. And so long as we're doing that, we're going to have boys and adult men who don't enjoy the strong social support they deserve."

Different expressions of mental health

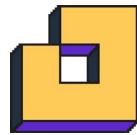
There was a difference in how teen boys and girls perceived their struggles: Both said that girls were more likely to experience anxiety and depression and boys were more likely to struggle with substance abuse, fighting and class disruptions, according to the data. But those findings don't mean that one group is experiencing mental health concerns and the other is just facing a behavioral issue, Damour said.

"Under mental health, we should fold in the finding that boys are more likely to engage in physical fights," she said. "One of our well-established understandings as clinicians is that when girls are in distress, they have been socialized to collapse in on themselves -- they're more likely to experience anxiety and depression. When boys are in distress, they are more likely to act out and get themselves in trouble."

While disciplinary action might be appropriate when a teen is abusing substances or acting out, it is important that such punishment is paired with an understanding that the behavior comes from suffering, which needs to be addressed, too, Damour said.

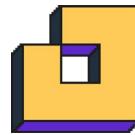
"When we see anger in a teenage boy, we think, 'Well, that's not depression,' but it might be. Or if you see a boy who's acting recklessly, you might think, 'Oh, he's a daredevil,'" Icard added. "That behavior is a reflection of feeling untethered to other people. So, I wouldn't presume that boys feel less anxious and less depressed."

Source: [These are the biggest concerns facing teen boys and girls](#)



Fill The Words With Appropriate Meaning!

1. Objectives :
2. Masculinity :
3. Cultivating :
4. Stereotyping :
5. Superficial :
6. Adolescents :
7. Perceived :
8. Disparity :
9. Impulsive :
10. Broaden :
11. Incorporate :
12. Academically :
13. Peers :
14. Ushers :
15. Mythology :
16. Vulnerable :
17. Disruptions :
18. Clinicians :
19. Disciplinary :
20. Untethered :



Ashton Hall's 'morning routine' highlights the pressures men face today

Ashton Hall's day begins at 3:52 a.m., if his most recent viral video is to be believed. The online fitness coach starts his very early morning by removing a piece of tape from his mouth. Over the next five-and-a-half hours, he embarks on a series of endeavors that include repeatedly dunking his face into a bowl of ice water, rubbing a banana peel on his skin and diving into a swimming pool (an act that, according to the timestamp, takes a full four minutes). Cobalt blue bottles of Saratoga water feature heavily throughout.

Hall's bizarrely involved morning routine has inspired numerous parodies and widespread ridicule, with viewers memeing the only line he utters in the video: "So looking at it bro, we gotta go ahead and get in at least 10,000." It's not clear whether Hall's routine is meant to be taken seriously — he didn't respond to a request for comment, but many of his videos are about how he learned to maximize his social media views and parlay that into financial success.

Even if he's baiting viewers, as some social media users have suggested, Hall is just one of many influencers who make up a broader online landscape of alpha male lifestyle content. In this digital universe, men rise and grind. They promote extreme, if not dubious, practices around exercise and wellness. And crucially, they look impossibly good doing it. There's nothing inherently wrong with self-discipline and vigorous exercise, or taking great care of your body. But also implicit in this genre of social media content, some critics and observers say, are more insidious messages — ones that distort our perceptions of masculinity.

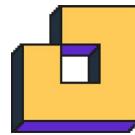
These videos present an unattainable life

American society has been obsessed with fitness and beauty for decades, but for much of that time, such preoccupations were considered unmasculine, writes historian Natalia Mehlman Petrzela.

That attitude started to shift around the '70s and '80s, as bodybuilder Arnold Schwarzenegger normalized caring about aesthetics and Calvin Klein advertisements objectified the male form. By the '90s, unrealistic body standards — six-pack abs, broad shoulders, bulging arms — afflicted men, too.

In recent years, those standards have been pushed to new extremes, while the project of physical self-improvement has become all-consuming, says Robert Lawson, an associate professor of sociolinguistics at England's Birmingham City University and author of "Language and Masculinities."

It's no longer enough to lift weights at the gym — there are protein goals to hit, brain-enhancing supplements to take and hair loss prevention drugs to ingest. Some of the most high-profile male lifestyle influencers (including podcaster Joe Rogan and neuroscientist Andrew Huberman) promote the idea that through experimental diets and supplementation, you can hack your biology, and ultimately, optimize your life.



This optimization, of course, comes at a cost. Many fitness and lifestyle influencers are not only depicting an aspirational physique, but they're selling products and regimens that promise to help you achieve it. Hall, for example, has his own line of workout supplements and protein powders, while his training programs will run you thousands of dollars.

What these influencers present "doesn't capture the messy and complex realities of the vast majority of people's day-to-day lives," Lawson says. Waking up at 3:52 a.m. and training for hours before the purported workday even begins is highly unrealistic for men who work traditional jobs and have families. (As Derek Thompson notes in *The Atlantic*, the men in viral "morning routine" videos are typically shown alone, with no friends, spouse or kids in sight.) "To me, it seems like quite a sterile existence — one that doesn't have space for the messiness of real life," Lawson says.

These messages can be harmful

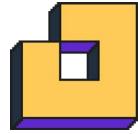
For all the viewers who mock Hall's "morning routine" video and other content like it, there are other impressionable young men who buy into their "grindset" and hustle mentality, says Patrick Wyman, who hosts the "Tides of History" podcast and has written about American "bro culture." Those messages are alluring for a reason, he adds.

Many boys and men are struggling by a number of measures. Data suggests that fewer men are working or pursuing college, while more of them are dying by suicide and drug overdoses. And while there are broader, systemic forces behind these circumstances, Wyman does feel that they're connected to the appeal of "fitness bro" lifestyle content.

"On some fundamental level, men are trying to work out what their place is in the world, what they can do about the state that they find themselves in, and who gets to belong," he says. "And fitness, the body that you display to the world, becomes one of the most fundamental ways in which you can do that."

"Morning routine" videos and the male lifestyle influencers behind them offer a sense of purpose and control, Wyman says. They imply that if you just wake up earlier, work smarter and follow a set path, you can become more attractive, more successful and more fulfilled. Maybe you, too, could live in a Miami high-rise with a faceless woman bringing you breakfast and staff handing you towels at the gym. Maybe you, too, could say goodbye to the 9-to-5 slog and start making seven figures through social media posts. Read another way: If you don't have the perfect body, or if you're struggling financially, mentally or emotionally, it's because you're not doing enough.

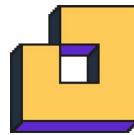
Some observers are concerned that this kind of social media content presents a singular approach to being a man. "For some percentage of people, maybe that'll work out. Maybe if they just grind hard enough, things really are out there waiting for them," Wyman says. "But I think it's much more likely to lead them down the rabbit hole of a culture that rewards grifters and superficial nods to the idea of self-improvement without actually making yourself a better person."



And if it doesn't work out, Lawson adds, it stands to make men feel worse about themselves — setting them up for disappointment and possibly resentment. (Research has shown that seeing #fitspiration content, which for men includes visibly muscular bodies, can negatively affect body image.)

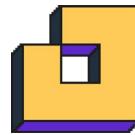
"The worry is that this paints a really unrealistic and unattainable form of masculinity," he says. "Then further down the line, when men don't get that kind of lifestyle, they somehow think that they've failed."

Source: [Ashton Hall's 'morning routine' highlights the pressures men face today](#)



Fill The Words With Appropriate Meaning!

1. Endeavors :
2. Parodies :
3. Ridicule :
4. Parlay :
5. Dubious :
6. Insidious :
7. Distort :
8. Unattainable :
9. Preoccupations:
10. Aesthetics :
11. Objectified :
12. All-consuming :
13. Sociolinguistics:
14. Supplements :
15. Optimization :
16. Aspirational :
17. Sterile :
18. Impressionable:
19. Alluring :
20. Grifters :



Wellness perfectionism doesn't exist. Focus on these sustainable habits

You're scrolling through your phone when you stumble upon the next viral trend: an influencer claiming that following their incredibly strict diet will help you achieve their jaw-dropping physique. Or you see a fresh-faced runner swearing you can run a marathon without any training — just like they did. Whether or not you're actively searching for wellness advice, it's nearly impossible to avoid hearing about the latest health craze making bold guarantees of transformation.

As you wonder if these claims hold any truth, you might also question why people often feel motivated to dive into intense challenges — when seemingly simple habits, such as getting enough sleep or eating more vegetables, often feel much harder to tackle. Many of us are drawn to these extreme challenges because we're craving radical change, hoping it will help prove something to ourselves or to others, experts say.

"We always see these kinds of challenges as opportunities for growth, particularly if we're in a phase of our life where we've let ourselves go," said Dr. Thomas Curran, associate professor of psychology at the London School of Economics and Political Science and an expert on perfectionism. "Maybe we feel that we need to be healthier, or we just had a breakup or (major) life event."

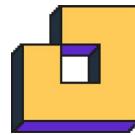
With social media amplifying these movements, it's easy to see why people are increasingly drawn to the idea of achieving the "perfect" version of themselves. But before jumping into a new wellness challenge, it's important to take a moment, reflect on your goals, and consider where you're starting from.

Challenging our perceptions of 'perfection'

With health influencers raising the bar for success, the wellness space now often feels like a performative space where people strive to showcase peak physical and mental strength. While seeing others' achievements can be motivating, it can also be discouraging if your progress doesn't match theirs.

Each person is chasing the perfect version of themselves — whether it's a body or a lifestyle — which is dangerous because this is typically an impossible or dangerous version to achieve, Curran said. He added that this type of comparison creates a dangerous cycle in which people constantly feel dissatisfied with their own progress. "It's a fantasy in many ways, and once you start chasing after it, you constantly find yourself embroiled in a sense of doubt and deficit," he said.

Curran also noted that wellness challenges can be particularly damaging for women who struggle with perfectionism, as they tend to be bombarded with impossible beauty standards and societal expectations. Renee McGregor, a UK-based dietitian who specializes in eating disorders and athlete performance, encourages people to approach wellness trends with curiosity and skepticism. That's because some influencers and celebrities could be promoting products because there's a financial benefit for them.



"The thing to ask yourself about the person you're taking advice from is what do they gain from it?" McGregor said. "If they are going to gain financially, then you know that they (could be willing) to sell you a lie." Whether you want to try a new challenge or product that promises amazing results, McGregor suggests doing your research and seeking diverse perspectives, including consulting with doctors when possible.

Mindful wellness challenges

If you're the type of person who thrives on challenges and pushing your limits, this doesn't mean you need to shy away from wellness challenges altogether. But before diving in, take a step back and ask yourself if you're pursuing the challenge for the right reasons, McGregor said. Some people want to try these challenges because they believe something is missing from their life, and they're looking to attain "worth" or receive validation, McGregor noted.

A good way to assess your motivation is by considering whether the challenge will benefit your health or if it's about showcasing your accomplishments on social media or some other reason. Before trying any new trend, make sure you have the foundation to handle it and be aware of any potential risks, McGregor said. For casual runners, this might mean signing up for a 5K but building your endurance gradually while incorporating other strength training exercises into your routine. For more intense challenges, such as a marathon, McGregor encourages people to consult with professionals or a coach who can monitor your progress and condition along the way.

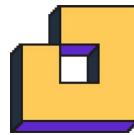
Focusing on sustainable habits

Both McGregor and Curran emphasize the importance of fostering sustainable health habits before embarking on more extreme challenges. Rather than chasing the idea of being "healthy," McGregor suggests focusing on actual healthful behaviors and starting small. If you're a highly sedentary person and want to add more movement to your day, try doing lunges while brushing your teeth or taking short walks throughout your typical routine.

McGregor suggests other small changes, too, including eating vegetables several times a day, basing meals around whole grains and having a handful of nuts each day. "These are little changes that allow people to reap the rewards of brain health and physical health instead of drinking five juices a day, which is never going to be the answer to your overall health," she said.

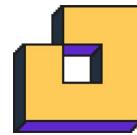
Most importantly, wellness should be giving people pleasure, not about reaching a certain number on the scale or looking a certain way to achieve ultimate happiness, McGregor said. "There's a lot we can do with our psychological health, and I think (we) need to realize that comparison never really benefits (us)," McGregor said. "I think sometimes it's really important for us to be in the (moment) and rest with what's going on."

Source: [Wellness perfectionism doesn't exist. Focus on these sustainable habits](#)



Fill The Words With Appropriate Meaning!

1. Jaw-dropping :
2. Physique :
3. Guarantees :
4. Transformation:
5. Radical :
6. Amplifying :
7. Performative :
8. Showcase :
9. Dissatisfied :
10. Embroiled :
11. Perfectionism :
12. Bombarded :
13. Dietitian :
14. Skepticism :
15. Attain :
16. Validation :
17. Endurance :
18. Sustainable :
19. Fostering :
20. Sedentary :



'Exercise snacks' — even a few minutes a day — can boost your health

It may seem hard to believe, but snacking several times a day can boost your health and fitness — exercise snacking, that is. "Exercise snacks" are short bursts of activity — 30 seconds to five or 10 minutes max — that encompass almost any type of movement. Think climbing stairs, walking, doing squats or dancing. The term is thought to have been first used in 2007 by cardiologist Dr. Howard Hartley, who was then associate professor of medicine at Harvard Medical School. Today, numerous studies prove the value of these mini workouts.

Performing 15- to 30-second exercise snacks three times daily was shown to improve the cardiorespiratory fitness levels and exercise performance in inactive adults, according to a small January 2022 study published in the journal *Exercise and Sport Sciences Reviews*. The "snacks" in the study were stair-climbing and cycling.

Adults who reported they didn't work out saw a 17% to 18% reduction in cancer incidence after they began doing just 3.4 to 3.6 minutes of vigorous physical activity daily, a July 2023 study of 22,398 people found. Their daily physical activity was done in bursts lasting less than one or two minutes. Hitting 4.5 minutes of vigorous, intermittent physical activity each day was associated with a 31% to 32% reduction in cancer incidence, according to the study published in *JAMA Oncology*.

The benefits of movement extend to brain health, too. Doing even a small amount of moderate to vigorous physical activity every day, or adding a small amount to your current exercise regimen, reduces your risk of dementia, according to a March study in *JAMDA: The Journal of the Post-Acute and Long-Term Care Medical Association*. Those who hadn't been doing any moderate to vigorous exercise received the largest benefit.

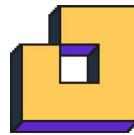
"Doing anything is better than doing nothing," said Michael Betts, a personal trainer and director at TrainFitness who's based in London. "As long as you're moving some of the time, putting a little stress on your body, it will adapt and improve."

Small changes can result in big rewards

Exercise snacks are a favorite tool used by Dr. Supatra Tovar, owner of Dr. Supatra Tovar & Associates, a holistic health clinical psychology practice in Pasadena, California. "I'm a big proponent of behavior change that starts tiny," Tovar said. "So I like to create behaviors with my clients that are easy, accessible and doable every to most every day of the week."

The key to making tiny, new changes stick is to tie them to a behavior you do every day at the same time, Tovar said. For example, if you immediately brush your teeth upon waking up, start doing a few jumping jacks or lunges as soon as you set down your toothbrush.

"When you incorporate exercise snacks as a habit, they start to become ingrained, and you'll begin to see their lifelong benefits," Tovar said. "Anyone I've given these to have reported back that they had no idea how much of a positive difference they would make." Walking is one of the easiest exercise snacks, according to Tovar and Betts. It can entail a stroll around your neighborhood or just a lap around your living room.



Once you get in the habit of walking a little each day, you can progress to doing intervals, increasing your pace for 20 seconds, slowing down for 10 and then repeating several times. "It pushes your body a little more each time," Betts said, "after which your body adapts and improves."

But don't rely just on walking. Wall push-ups will build strength in your arms, for example, while squats are great for beefing up your leg strength. If you want to be able to climb stairs without getting out of breath, start walking up and down stairs a little more quickly than you normally would. "There's always an exercise snack that can help improve each part of your body in some way," Betts said. You can also make any exercise snack more difficult if it becomes too easy. A wall push-up can progress to one performed on the floor, while a chair squat can become an air squat. An easy stroll can turn into a light jog.

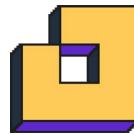
Exercise snacks are a NEAT hack

Exercise snacks don't have to be a specific type of activity, either. "Cleaning your house is exercise," said Tovar, who is a fan of NEAT movements. NEAT, or nonexercise activity thermogenesis, refers to the energy expended from all physical activities that aren't structured exercise. Doing chores, playing with your kids and even fidgeting are all forms of NEAT.

Tovar points to people living in "blue zones," which are areas around the globe where people routinely live long and healthy lives, such as Okinawa, Japan, and the Italian island of Sardinia. "They're moving all of the time, doing NEAT exercise all day long," she said, whether that's walking to the store, squatting to garden, carrying groceries or doing chores. "NEAT exercise can burn up to 2,000 extra calories per day if you're constantly moving throughout the day."

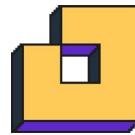
All that motion is welcomed by the body and not a detriment. "Your body is kind of lazy," Betts said. "It doesn't like to do much and will slowly deteriorate over time without use. Doing these little exercise snacks reminds your body that it does need to work to maintain and improve its overall function."

Source: ['Exercise snacks' — even a few minutes a day — can boost your health](#)



Fill The Words With Appropriate Meaning!

1. Bursts :
2. Encompass :
3. Cardiologist :
4. Squat :
5. Inactive :
6. Vigorous :
7. Intermittent :
8. Lunge :
9. Proponent :
10. Holistic :
11. Accessible :
12. Incorporate :
13. Ingrained :
14. Entail :
15. Intervals :
16. Beefing up :
17. Strength :
18. Expended :
19. Fidgeting :
20. Deteriorate :



What to do when your family just won't respect your boundaries, according to experts

It seems as if the answer to nearly every interpersonal conflict, relationship concern or mental health recovery plan is setting better boundaries. But what does that mean exactly?

"Every single thing in nature, everything, everything, even at a cellular level has boundaries," said Deborah Ashway, a clinical mental health counselor based in New Bern, North Carolina. "And that's there for our protection." Humans are a communal species, so it is important that we have a system in place for communicating our needs, wants, priorities and limits to one another to keep relationships running smoothly, said Kami Orange, a boundary coach based in southern Utah. Fortunately, most societies have a system, she added, and it's called boundaries.

"Boundaries are a practice in problem solving and compassion for others, but especially compassion for the self," she said. People learn how to set boundaries through their interactions with those around them, so if you didn't have someone who modeled well how to implement and enforce boundaries — or encouraged you not to — it would make sense that would be something you struggled with, Orange added.

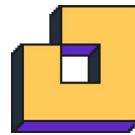
What is a boundary?

Physical boundaries can be barriers such as walls, moats and fences. For the purposes of human relationships, "a boundary is a statement of what you expect, what you need or what you want in a given situation," said Nedra Glover Tawwab, a therapist based in Charlotte, North Carolina. Boundaries can be verbalized, or they can be expressed through your actions, added Tawwab, author of "Set Boundaries, Find Peace: A Guide to Reclaiming Yourself."

Boundaries can ease interactions between yourself and the world around you, and they can protect your emotions, physical space, feelings, mental health, belief systems or anything else you have to offer, said Dr. Chloe Carmichael, a New York-based clinical psychologist and author of "Nervous Energy: Harness the Power of Your Anxiety." You may have often heard the term "boundaries" used when it comes to a blowout fight or a toxic ex, but they are also useful with people you love and care about, Orange said.

"It's not just about conflict and keeping bad people out. It's also about keeping the relationships you value in," she said. That can mean setting boundaries with your partner about your needs when it comes to personal space, or preserving your relationship with a parent you are close with by setting boundaries on what you expect around your children.

If you have ever had a conflict stew with someone you love until it blew up and the relationship ended, you know how expressing boundaries before a blowup can help save a connection with someone, Orange said. "You could have had that friend for years and enjoyed the benefits of that relationship if you said, 'Hey, I would really appreciate it if X, Y and Z,'" she added.



Identifying your boundaries

Before you can set a boundary, you need to know what your boundaries are. And boundaries aren't prescriptive. What may work for someone else may not work for you, Tawwab said. A good place to start is taking inventory of your needs, limits and priorities, Orange said. She also likes to have her clients look at what they are avoiding, because that may often point to a place where boundaries need to be set.

If you are not picking up the phone when one family member or friend calls, is that because you know they may infringe upon you or violate your values in some way? Maybe then the best thing you can do for your relationship with them is make your boundaries clear, Orange said. Let's take an example of your hypothetical parents. If you were to find yourself hesitating before going to visit, maybe you would examine why that is and realize you feel your parenting is criticized. Maybe that's a good place to start establishing good boundaries.

Setting a boundary

As hard as it may be for nice people to do, setting a good boundary requires saying clearly what the problem is and what you need, Orange said. "A good boundary is clear and concise," Tawwab said. "I think very often we say a lot of words, but we're still not very clear about what we want." Instead of stating a problem like, "You always pick on me about my kids," it is important to state what you need, Tawwab said. An invitation to do something in the future would help, she added.

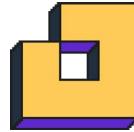
What might good boundary-setting look like? You could try something along the lines of "I love you being so involved in my kids' lives, but it makes it harder to keep their attention when you undercut my parenting decisions. In the future, can you refrain from criticizing me publicly and bring up any concerns to me privately?" Boundaries can also be choices you make, Carmichael said. That can mean staying at a hotel when you visit relatives so you can excuse yourself when you need to or avoiding the more criticized events like dinnertime.

However, be aware that you can have the clearest boundary in the world, and that doesn't mean those around you will respect them, Carmichael said. You are setting boundaries to protect your needs, not to control someone else's behavior, she said. If they choose not to honor your boundary, that is not something you need to manage, Tawwab added. Instead, it can be helpful to have a game plan for how you will adjust your behavior in that event, Orange said.

Enforcing your own boundaries

Telling your parents to leave the parenting to you might not do the trick. You might have to take more steps to protect yourself. Your boundaries are important, and it is OK to take steps to safeguard them. If you have established the boundary and it has been violated, Orange recommends saying it again with more intensity.

But if the transgression doesn't stop there, it's up to you to decide what action you are willing to take in response, Tawwab said. Do you excuse yourself to the other room? Do you go home early? Do you stick around during visits between your child and those relatives? In some cases, boundary violations may be enough to end or put distance in a relationship, but that is completely dependent on the individual and what you are willing to do, Ashway said.



This is where boundaries can move. Maybe the consequences you would impose for one person are not the same as what you would be willing to enforce in another, Tawwab said. "My mom could set my house on fire, and I would say 'How dare you? I'm mad. Call me tomorrow,'" Tawwab said. If other people in her family did the same, she might not talk to them ever again, she said.

There is no right or wrong response to someone crossing your boundary as long as you are willing to enforce it, she added. What doesn't work is threatening a consequence you aren't willing to enforce, Tawwab said. Inaction is like threatening to take your kid's phone away when you really don't intend to. If you state possible consequences you can't live with and then inevitably don't follow through, others may not take your boundaries as seriously in the future, she added.

Responding to someone else's boundaries

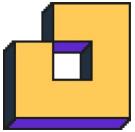
What about when someone asks you to respect their boundary? Maybe your parents have a boundary around how your children behave in their house. "I see boundaries as a good thing," Orange said. "And so, when people set boundaries with me, my first response is always 'thank you.'" Even if you feel some awkwardness or maybe hurt that someone told you they didn't like what you were doing, it is important to see it as helpful information, she said.

Next, Orange likes to ask clarifying questions to understand the extent of the boundary and the situations in which it applies, she said. Then you have to decide whether their boundary works for you. That's because while you should respect other people's boundaries, you don't always have to live under them, she said.

"If somebody is asking you to do something that's uncomfortable for you, you have the option to evaluate if you want to live in this discomfort, or do you want to say, 'I really love you and I really like having you in my life, but this is not a boundary that I'm willing to live with,'" Tawwab said. Boundaries are not about control, and the term should not be used to manipulate, control or transgress upon others, Ashway said.

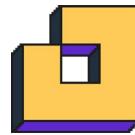
A good way to check in on whether proper boundaries were set is to see how you feel after the conversation, Orange said. "When I have a relationship conversation where we're like, 'Hey, how do we find a way that works for both of us to maintain this relationship?' We walk away feeling happy and loved," she said.

Source: [What to do when your family just won't respect your boundaries, according to experts](#)



Fill The Words With Appropriate Meaning!

1.



Walking just 5 minutes a day makes a difference

With the start of the new year, it's easy to feel overwhelmed by unrealistic goals and fitness trends. But you don't need to follow those fads. Research shows that even a short amount of walking — one of the most accessible forms of exercise — can help set you up for success when working toward other fitness achievements.

Research shows that 11 minutes of moderate-to-vigorous exercise per day may lower your risk of cancer, cardiovascular disease or premature death. Does that sound like too much to start? Even as little as five minutes of walking per day could provide some health benefits, according to Dr. Andrew Freeman, director of cardiovascular prevention and wellness at National Jewish Health in Denver.

Just getting started

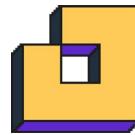
Freeman recommends aiming for 30 minutes of daily exercise, ideally brisk walking paired with weightlifting to create a high-intensity training program. But he said he knows that a structured workout of that length isn't always feasible, especially for those in the early stages of their fitness journey. The key is to make movement a regular part of your day, which is why Freeman suggests people engage in any form of exercise, even if it's incorporating a five-minute walk into your routine.

Katy Milkman, James G. Dinan Professor at the University of Pennsylvania's Wharton School, explains that making bite-size goals is essential for creating momentum for larger resolutions. Psychologically, smaller tasks are easier to achieve, so pushing yourself to take a five-minute daily walk is easier than trying to complete a 35-minute walk once, Milkman said.

Even with a five-minute walk, the most important part of any fitness goal, according to Freeman, is finding time to weave it into your daily routine, which is why it's important to start small and focus on simplicity. For some, doing so might be as basic as parking farther away when heading to the gym or mall to increase your step count. If you're in a parking garage, it can also be a good idea to take the stairs to increase your heart rate, Freeman said.

When making plans, CNN fitness contributor Dana Santas, a certified strength and conditioning specialist and mind-body coach in professional sports, suggests asking friends to go for a walk instead of meeting for dinner or drinks. Freeman also recommends completing your quick walk — or whatever form of exercise brings you joy — first thing in the morning to start your day with positive movement. And for coffee lovers, Freeman said a walk can energize you just as effectively as one cup of your favorite brew.

When it comes to forming a new routine, it's important not to make excuses, especially when trying to get steps in during the winter months. "Most malls open their doors early (before the actual stores open) to let walkers get their steps in by doing laps around the interior levels of the mall," Santas said via email.



Walking isn't just good for your body; it's also great for your mental well-being. Not only can it help break addictions such as smoking, Freeman said, but a walk can also help reduce anxiety and depression, especially for people who might be dealing with grief. While the holiday season is over, walking is also a good way to decompress from family gatherings and celebration stressors.

Building on your routine

As confidence in your walking routine grows, you should aim to increase the intensity and length of your workout. Freeman suggests focusing on exercises that make you "huff and puff" for the most noticeable health benefits. "You see these people (at the gym) do a couple of reps, chat, take a rest and have a drink," Freeman said. "You really want to keep going for 20 or 30 minutes straight."

Combining weight training and cardio is a beneficial way to include both elements in your daily routine. Based on how the activities work different parts of your body, Freeman said he likes to explain cardio as a short-term investment in your health, while weight training is a long-term one because of how metabolically active people's muscles are.

To include weight training on your walk, Freeman recommends eventually adding a weighted backpack to your routine. If you want to keep it simple, use any backpack you have at home, and fill it with old books to load it down. Other ideas might include wearing wrist, arm, shoulder, ankle or leg weights to create resistance for an additional challenge.

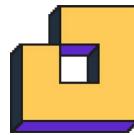
"If (people) can keep this (routine) up for usually two to three weeks, it becomes a habit (they) want to keep doing," Freeman said. Like any other form of exercise, taking the time to practice and perfect your walking form can improve the safety and efficacy of your workouts, according to Santas, and it's a simple way to challenge yourself. For people who want to incorporate longer walks into their daily or weekly routine, Freeman recommends walking with others to make the experience more enjoyable.

If you don't have people in your corner to join you, programs such as Walk With a Doc offer free community walks guided by physicians to create a casual and supportive environment for people to work on their healthy habits together. Solo exercisers might find personal motivation with an engaging podcast or audiobook as well as a guided meditation to make their walks feel effortless.

"If you get really into a story ... you could probably walk an entire park, end up right where you started, and not even know you did it," Freeman said. It's important to remember that the smaller the commitment, the more likely you are to follow through, Milkman said. As you add more to your routine, start slow and think about where you might be able to squeeze some quick yet beneficial movements into your practice.

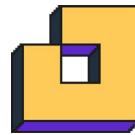
For those just starting to incorporate more exercise into their routine, it's all about sitting less and moving more. Some workouts can even be completed from the comfort of your couch while watching an episode of your favorite TV show, Santas said via email.

Source: [Walking just 5 minutes a day makes a difference](#)



Fill The Words With Appropriate Meaning!

1. Overwhelmed :
2. Accessible :
3. Cardiovascular:
4. Premature :
5. Feasible :
6. Momentum :
7. Resolutions :
8. Psychologically:
9. Weave :
10. Energize :
11. Lap :
12. Decompress :
13. Stressors :
14. Intensity :
15. Noticeable :
16. Metabolically :
17. Resistance :
18. Efficacy :
19. Physicians :
20. Effortless :



Scientists explore the anatomy of a ‘zombie volcano’ that’s showing signs of activity

Can a volcano rise from the dead? Uturuncu, a lofty peak in the Central Andes mountain range, is what’s known as a “zombie volcano.” It hasn’t erupted for more than 250,000 years, but it nonetheless shows signs of activity similar to those seen in active volcanoes, such as gas plumes and earthquakes.

Satellite radar imagery taken more than two decades ago of Uturuncu — the tallest mountain in southwestern Bolivia — showed that forces inside the volcano had lifted and then lowered a region near the summit measuring about 93 miles (150 kilometers) wide, creating a shape like a sombrero. Scientists recently took a closer look at Uturuncu, to see whether ongoing deformation and other activity were signs that the slumbering volcano might be waking up.

By combining satellite data with analysis of seismic activity and computer models of how rocks respond to different pressures, researchers pieced together a clearer picture of Uturuncu’s inner “anatomy” and uncovered the cause of its unrest. They reported their findings April 28 in the journal *Proceedings of the National Academy of Sciences*.

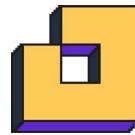
Volcanic eruptions typically occur when magma below a volcano surges into subsurface pockets called magma chambers, then escapes to the surface through vents and fissures. Eruptions are more explosive when magma is thicker, trapping gases so that pressure builds up and then suddenly releases, forcefully expelling magma as lava. But that wasn’t the case under Uturuncu, according to the study. Rather, magma, gases and briny fluids were interacting in a hydrothermal network — a system with activities that were not fully understood — to produce the volcano’s zombie rumblings.

‘Letting off steam’

Beneath Uturuncu at a depth of about 6 to 12 miles (10 to 20 kilometers) lies a vast reservoir of magma called the Altiplano-Puna Magma Body. Spanning roughly 124 miles (200 kilometers), it is the biggest known active magma body in the planet’s crust. Prior studies hinted at an active hydrothermal system linking the magma reservoir and the mountain range above, but it was unknown how magma and fluids were interacting within this network.

Using signals from more than 1,700 seismic events between 2009 and 2012, scientists produced high-resolution images of the shallow crust under Uturuncu. They also recorded electrical and gravitational shifts underground, and changes in rock chemistry, revealing never-before-seen details of the channel system beneath and within the volcano as it circulated geothermally heated fluid.

The researchers found that as the magma body heated subterranean liquid and released gases, the gas and liquid migrated upward and collected in chambers below the volcanic crater. Their movement through Uturuncu triggered quakes, released steam and deformed the volcano’s rock, causing surface rise of about 0.4 inches (1 centimeter) per year.



Uturuncu's internal dynamics not only explain its activity but also suggest that this zombie won't be reviving any time soon, said study coauthor Dr. Mike Kendall, a professor and head of the department of earth sciences at the University of Oxford.

"We're not seeing seismicity increasingly rising. A bad sign would be an increase in seismicity, and then seismicity that's starting to migrate from great depth to much shallower depths — that's usually an indication that magma is on the move," Kendall told CNN. "We're not seeing anything like that," he said. "It looks like it's just the volcano degassing, letting off steam and calming down, if anything."

Using multiple techniques was a key part of bringing Uturuncu's subsurface structure into focus, according to geologist Dr. Benjamin Andrews, director of the Global Volcanism Program at the Smithsonian Institution's National Museum of Natural History in Washington, DC.

In isolation, the methods investigating seismic activity, rock chemistry and physics "would give interesting but somewhat ambiguous results," said Andrews, who was not involved in the study. Together, these methods point to a hydrothermal system rather than surging magma as the cause of Uturuncu's activity, and provide a snapshot of the interplay between magma, rock and fluid under volcanoes.

"This (research) has importance for understanding volcanoes, granitic rocks, ore bodies, and the formation of (the) continental crust," Andrews said in an email. It is also important to recognize that some volcanoes can be quite active "but not necessarily be primed for eruption."

Dozens of zombies

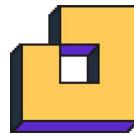
Over decades, the Global Volcanism Program has recorded about 50 zombie volcanoes older than about 12,000 years but younger than 2.6 million years. Their signs of activity are "mostly geothermal features like hot springs and fumaroles (openings where hot gases escape)," said study coauthor Dr. Matthew Pritchard, a professor of geophysics at Cornell University in New York.

As Uturuncu is one of many dozens of zombie volcanoes that scientists are tracking worldwide, the new findings could help identify which zombies are at risk of erupting. Some zombies show elevated surface temperatures and are already being explored as potential sources of geothermal energy, as well as for their mineral deposits, "but many are ripe for further investigations," Pritchard told CNN in an email.

"Some might be in a long, slow decline, just cooling off from previous hotter times. Others might eventually have some increase in activity," he said. "But we don't yet know how to tell them apart." Peering at a volcano's internal plumbing could reveal possible targets for harnessing geothermal energy and accessing metals that are essential for technologies, such as copper, nickel and platinum, Kendall added. And this combination of methods could be useful for analyzing any type of volcano — not just zombies.

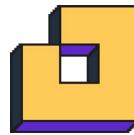
"It's a really good way of better understanding the anatomy of a volcano, at what stage of development it is in," he said. "That's very important for risk and hazard assessment."

Source: [Scientists explore the anatomy of a 'zombie volcano' that's showing signs of activity](https://www.alternatived.com/scientists-explore-the-anatomy-of-a-zombie-volcano-thats-showing-signs-of-activity)



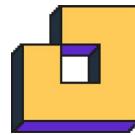
Fill The Words With Appropriate Meaning!

1. Erupted :
2. Plumes :
3. Deformation :
4. Slumbering :
5. Seismic :
6. Anatomy :
7. Subsurface :
8. Hydrothermal :
9. Reservoir :
10. Seismicity :
11. Degassing :
12. Volcanism :
13. Ambiguous :
14. Interplay :
15. Geothermal :
16. Harnessing :
17. Necessarily :
18. Crater :
19. Deformation :
20. Hinted :



Answer Questions Below After Reading The Texts

1. According to the study on sleep habits, which of the following is NOT one of the five habits associated with a longer life?
 - A. Getting seven to eight hours of sleep per night.
 - B. Not using sleep medications to fall asleep.
 - C. Waking up feeling well-rested at least five days a week.
 - D. Taking a 20-minute nap every afternoon.
 - E. Falling asleep easily and staying asleep most nights.
2. The article on the "male loneliness epidemic" states that historically, men have formed long-term bonds through certain societal institutions. Which of the following was mentioned as a traditional source of these connections?
 - A. Online gaming communities.
 - B. University alumni groups.
 - C. Religious institutions and friendships at work.
 - D. Neighborhood watch programs.
 - E. Political action committees.
3. Research on men's health from Vanderbilt University found that many fathers do not prioritize their own health. How do these men often view their bodies?
 - A. As a top priority that needs constant attention.
 - B. As a reflection of their self-worth and happiness.
 - C. As tools to do a job and provide for their family.
 - D. As something to be improved primarily through hobbies and exercise.
 - E. As a source of significant mental and emotional stress.
4. The Pew Research Center survey on teenagers identified different pressures for boys and girls. Which pressure did teen girls report feeling more often than teen boys?
 - A. The pressure to get good grades.
 - B. The pressure to be good at sports.
 - C. The pressure to fit in socially and look good.
 - D. The pressure to find an enjoyable career.
 - E. The pressure to make a lot of money in the future.
5. Ashton Hall's viral "morning routine" video, which has been widely parodied, shows him starting his day at what extremely early time?
 - A. 5:00 a.m.
 - B. 4:30 a.m.
 - C. 3:52 a.m.
 - D. 6:15 a.m.
 - E. 2:00 a.m.



6. The article about "wellness perfectionism" warns against extreme health trends. What do experts suggest people should focus on instead?
 - A. Chasing the "perfect" version of themselves as shown by influencers.
 - B. Finding the one wellness challenge that guarantees radical change.
 - C. Fostering sustainable health habits and starting with small, achievable changes.
 - D. Proving their mental and physical strength to others on social media.
 - E. Buying products that have a strong financial backing from celebrities.
7. "Exercise snacks" are short bursts of activity that can boost health. The article also mentions NEAT movements. What does the acronym NEAT stand for?
 - A. New Exercise Activity Training
 - B. Necessary Everyday Aerobic Tasks
 - C. Non-exercise Activity Thermogenesis
 - D. Naturally Energetic Action Time
 - E. Nightly Exercise and Training
8. According to therapist Nedra Glover Tawwab, what is the most important quality of a well-set boundary in a human relationship?
 - A. It must be flexible and open to interpretation.
 - B. It needs to be long and detailed to cover all possibilities.
 - C. It should only be used in toxic or conflicting relationships.
 - D. It must be clear and concise.
 - E. It must always be stated in writing.
9. In the article "Walking just 5 minutes a day makes a difference," why do experts recommend starting with small, "bite-size" goals?
 - A. Because short exercises are more effective at building muscle than long ones.
 - B. Because it is the only way to increase your step count.
 - C. Because smaller tasks are psychologically easier to achieve and help create momentum for larger goals.
 - D. Because most people do not have more than five minutes to spare for exercise.
 - E. Because walking for longer than five minutes can increase your risk of injury.
10. Scientists are studying Uturuncu, a "zombie volcano" in Bolivia. What did their research reveal is the cause of the volcano's signs of activity, such as gas plumes and earthquakes?
 - A. The movement of tectonic plates deep beneath the volcano.
 - B. Magma surging into chambers, indicating an upcoming eruption.
 - C. A hydrothermal network where magma, gases, and briny fluids interact.
 - D. The weight of the mountain causing its own rock to deform.
 - E. The sudden melting of ancient glaciers on its summit.