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Travelling could slow down the ageing process – 3rd October 2024

## Level 0

Travelling is good for us. It broadens the mind. It could slow down ageing. Researchers said travelling could make us look and feel younger. Researcher Fangli Hu said going on trips could make us healthier. She added: "Ageing is irreversible. It can't be stopped, but it can be slowed down."

Going on vacation can lower stress. It can make our immune system stronger. Ms Hu said hiking, climbing, and cycling can lower stress. They can help our muscles. She added these activities could help the body's self-defence. The researchers said travelling might be better than anti-ageing creams.

## Level 1

Travelling is good for us. It broadens the mind. A new study says it could slow down the ageing process. Researchers from Australia said travelling could make us look and feel younger. Having different experiences could make us more youthful. Researcher Fangli Hu said: "Tourism could contribute to people's physical and mental health". She added: "Ageing, as a process, is irreversible. While it can't be stopped, it can be slowed down."

Going on vacations, backpacking and sightseeing can lower stress. Travelling can strengthen our immune system and repair our body. Ms Hu said we do activities like hiking, climbing, and cycling. These can reduce stress and tiredness in our muscles. Ms Hu added: "Participating in these activities could enhance the body's immune function and self-defence." The researchers said travelling might be better than anti-ageing creams.

## Level 2

Travelling is good for us. It broadens the mind. A new study says going on trips could slow down the ageing process. The travel bug could be healthy. Researchers from a university in Australia said travelling could make us look and feel younger. Having different experiences and meeting new people could make us more youthful. Lead researcher Fangli Hu said: "Tourism isn't just about leisure and recreation. It could also contribute to people's physical and mental health". Ms Hu added: "Ageing, as a process, is irreversible. While it can't be stopped, it can be slowed down."

The researchers suggested that going on vacations, backpacking and sightseeing can lower stress. Trips can boost our metabolism. This strengthens our immune system. Travel could also repair body tissue. Ms Hu said travelling often involves physical activities like hiking, climbing, and cycling. These can reduce tension and fatigue in our muscles and joints. Ms Hu added: "Participating in these activities could enhance the body's immune function and self-defence capabilities." The researchers said travelling might be better than anti-ageing creams.

## Level 3

Travelling is good for us. There is a saying that travel broadens the mind. A new study says that going on trips could slow down the ageing process. The travel bug could be one hobby that is healthy. Researchers from Edith Cowan University in Australia said travelling could make us look and feel younger. They said having different experiences and meeting new people could make us more youthful as we get older. Fangli Hu, lead author of the research, said: "Tourism isn't just about leisure and recreation. It could also contribute to people's physical and mental health". Ms Hu added: "Ageing, as a process, is irreversible. While it can't be stopped, it can be slowed down."

The researchers looked at how travelling might affect how we age. They suggested that going on vacations, backpacking and sightseeing can lower stress. Going on trips can also boost our metabolism, which strengthens our immune system. Travel could also help repair body tissue. This helps to slow down the signs of ageing. Ms Hu said travelling often involves physical activities like hiking, climbing, and cycling. She said these "potentially" reduce tension and fatigue in the muscles and joints. She added: "Participating in these activities could enhance the body's immune function and self-defence capabilities." The researchers said travelling could be better than anti-ageing creams.