tons of=a ton of 很多

live under the same roof 生活在一起

elderly people=old people

generally 通常

live through sth 经历...

life experience 人生经验

go through sth 经历...

failure n. 失败

breakup n. 分手

turn to sb 向某人（寻求帮助）

a great deal 大量

as for ... 至于...

energetic 精力充沛的

tend to 通常、往往

engage in sth 参与...

physical activity 体育活动

benefit v. 获益

as well 也

be more likely to do sth 更有可能