The Benefits of Shopping



Shopping may be bad for your wallet but it is good for your health, say some experts. Recent studies have shown that "retail therapy" is an effective way of helping people to deal with depression. People who are feeling **blue** often believe that they cannot control their surroundings. However, making decisions about what to purchase helps restore feelings of control over environment and self.

Shopping can also be considered a form of entertainment, which can also help lift spirits. Finding a great bargain, for example, can also **build up** one's feelings of self-worth.

Shopping for other people can also help people form healthy relationships. For example, grandparents can bond with their grandchildren by purchasing new toys for them. This connection can make them happier because they feel closer to their family.

Shopping can help improve a person's mood and ***it*** can also be good for your physical health. A recent article in The Daily Telegraph newspaper in Britain revealed that walking and carrying shopping bags can **burn off** 385 calories in a week. A study by one department store in England says that women walk an average of three miles for every two and a half hours of weekly shopping. Men tend to walk for only 1.5 miles during their average weekly shopping, which usually lasts around 50 minutes per week. A charity known as The Heart Foundation also **advocates** people to shop because it prevents them from sitting, which can be very bad for the heart.

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1. According to the article, who thinks shopping can be good for your health?
   a) some shoppers
   b) some retailers
   c) some men
   d) some professionals
2. The word "blue" in paragraph 1 is closest in meaning to:
   a) depressed
   b) confused
   c) heartened
   d) exhausted
3. According to the article, how can shopping help someone who is feeling sad?
   a) it gives them a feeling of control
   b) it helps them to save more money
   c) they feel they are helping someone
   d) they think that shopping is more fun
4. The phrase "build up" in paragraph 2 is closest in meaning to:
   a) lower
   b) improve
   c) contract
   d) neglect
5. The word "it" in paragraph 3 refers to:
   a) shopping
   b) a person's mood
   c) physical health
   d) a recent article
6. According to the article, why is shopping considered healthy for the body?
   a) because shoppers climb stairs
   b) pushing a cart builds muscles
   c) it usually involves walking
   d) shoppers often run to the store
7. According to the article, how long do men usually shop in one week?
   a) 50 minutes
   b) 1.5 hours
   c) 2.5 hours
   d) 385 minutes
8. The phrase "burn off" in paragraph 3 is closest in meaning to:
   a) produce
   b) retain
   c) eliminate
   d) increase
9. The word "advocates" in paragraph 3 is closest in meaning to:
   a) advances
   b) administers
   c) encourages
   d) discourages
10. Paragraph 3 is about:
    a) how men and women shop
    b) the physical benefits of shopping
    c) the health benefits of walking
    d) department stores in England

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