Exercise 1: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

Did you know that on average we forget about 80% of the medical information a doctor might give us? This fascinating information came to light as a result of a study carried out by Utrecht University. What is even more interesting is that almost half of what we think we remember is wrong.

Why do you think this is? Well, it's not as **complicated** as you may think. You see, going to the doctor fills most people with anxiety and when we are really nervous and stressed we are more likely to focus on the diagnosis rather than the treatment. Therefore, we know what is wrong with us but have no idea what to do about it.

Here are some good tips to keep in mind when seeing a doctor. Always write down any important information. What would be even better is, if your doctor agreed, to record your consultation. This way, you can replay the advice at home, where you are more likely to **absorb** it. If you believe the situation is serious or you're really worried, seek the help of a family member. Just ask them to accompany you to listen in. This way you can be absolutely sure about what the doctor has told you and avoid falling into the same trap that most people do.

1. According to the passage, the information doctors give us ____.
   A. is about 50% wrong B. is only 80% correct
   C. is mostly forgotten D. is usually not enough
2. The word "**complicated**" in the passage is opposite in meaning to ____.
   A. good B. quick C. short D. simple
3. The author says that when people consult a doctor, ____.
   A. they always believe that their situation is serious
   B. they are interested in knowing what they should do
   C. they only want to know what is wrong with them
   D. they usually have a family member with them
4. The word "**absorb**" in the passage is closest in meaning to ____.
   A. digest B. inhale C. swallow D. take in
5. The author suggests recording the consultant in order to ____.
   A. play it to your family members to get their opinions
   B. refer to it later to better understand your condition
   C. replay it to write down any important information
   D. use it as evidence against your doctor if necessary

Exercise 2. Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

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My first piece of advice to people who want to start getting fit is: don't buy an exercise bike. Typically, people who buy them use them for a week or so and then forget about them. They are effective if they are used regularly but you need to be **determined**. Most people will find it much easier to go for a gentle jog around the park.

As well as being easy to do, jogging is also relatively cheap compared to most other sports. You don't need to buy expensive clothes if you're just going running around the park or on the beach. The main thing is that they're comfortable, and that they keep you warm in the winter and cool in the summer. There is one piece of equipment, however, that you will have to spend time and money on, and that's your running shoes. Remember that you are not looking for a fashion item, but for something that will support your feet and protect you from **injury**. They can be expensive, but if they are good quality they will last you a long time. It's always best to get expert advice, and the best place for that is a sports shop.

As for the actual jogging, the secret is to start gently, and not to do too much at the beginning – especially if you haven't had any exercise for a long time. Try a mixture of walking and running for ten minutes about three times a week at first. Once you are happy doing **that** you can then start to increase the amount you do gradually. After a few months you you should hope to be able to run at a reasonable speed for twenty minutes three or four times a week. It's important that you feel comfortable with whatever you do. If you do, you'll start to enjoy it and will probably keep doing it. If it makes you feel uncomfortable, you'll probably stop after a short time and return to your bad habits. In any case, training too hard is not very effective. Research has shown that somebody who exercises for twice as long or twice as hard as another person doesn't automatically become twice as fit.

1. Which of the following would serve as the best title for the passage?

A. Exercise bikes B. Gentle jogging
C. Keeping fit D. Running shoes

2. What is true about the exercise bikes?

A. Exercise bikes do not help you get fit.
B. It is more costly than most other sports.
C. Many people prefer it to gentle jogging.
D. Most people don't use it for very long.

3. The word "**determined**" in the passage probably means ____.

A. confident B. decisive C. flexible D. positive

4. According to the author, you should ____.

A. go jogging around a park or on the beach

LIVEWORKSHEETS

B. go to sports shop for high quality running shoes
C. keep warm at all times when you are jogging
D. spend time and money on fashionable items

5. The word "**injury**" in the passage is closest in meaning to ____.
A. bleeding B. breaking C. shocking D. suffering

6. It is stated in the passage that ____.
A. you are advised to start jogging by walking for ten minutes
B. you should expect to feel much uncomfortable when jogging
C. you should jog three days a week and walk on the other days
D. you won't necessarily be a lot fitter by running twice as fast

7. The word "**gently**" in the passage is opposite in meaning to ____.
A. abruptly B. effectively C. rapidly D. smoothly

8. The word "**that**" in the passage probably refers to ____.
A. a mixture of walking and running B. about three times a week
C. actual jogging at first D. exercise for a long time

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