1. Exercise can stop you from getting sick

There has been research done that shows exercising can help to stop you from getting sick. Some scientists believe that exercise can boost your immune system. In other words, it makes your body stronger so you don't catch a cold or flu. Exercise can also help to prevent heart disease and help to reduce cholesterol.

2. Exercise can help to lower stress

Many people have busy and stressful lifestyles these days. Exercise can help with this. Experts say that exercise can help to improve your **mood** and stop you from getting depressed. It can help you to feel more positive and that will also help in your relationships with friends and family. If you are feeling positive, you will probably get along with people around you better.

3. Exercise can help your brain

Exercise can help your body, and it can also help your brain work better. When you exercise, you get more energy which can help you think more clearly. Also, when you exercise, your body releases a chemical called serotonin. This chemical can help you to think more clearly. Therefore, exercise can help you to be more productive. In other words, you can get more done.

4. Exercise gives you energy

You might think that exercising makes you tired, but it actually gives you more energy. If you do a 30 minute workout in the morning, you will feel more energetic **throughout** the day. This is because endorphins – another chemical – are released into your blood when you exercise. Once you start to get fit, you will also be less tired when you have to be on your feet all day or have to climb the stairs.

5. Exercise doesn't take that much time

It is not difficult to make exercise a regular part of your day. If you can do this, you will be able to follow your usual routine, but get fit at the same time. You can try simple things like taking the stairs instead of the elevator. Also, instead of meeting your friend in a coffee shop, you could get a take away coffee and talk **while** you walk.

1. **According to the article, how can exercise help to stop you from getting sick?**

- [ ] fit people never catch the flu
- [ ] if you have big muscles, you will not catch a cold
- [ ] exercise can improve your immune system
- [ ] it does not say

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2. The word 'mood' in paragraph 2 is closest in meaning to:

- [ ] move
- [ ] feeling
- [ ] health
- [ ] rude

3. According to the article, how can exercise help your brain work better?

- [ ] when you exercise your body creates a chemical called serotonin
- [ ] when you exercise your brain starts to feel sleepy
- [ ] when you exercise the muscles in your head become stronger
- [ ] it does not say

4. The word 'throughout' in paragraph 4 is closest in meaning to:

- [ ] since the start of
- [ ] in the thick of
- [ ] at the time of
- [ ] during the whole of

5. Which of the following is an example of how to make exercise a regular part of your day?

- [ ] running to school or work
- [ ] playing tennis on the weekend
- [ ] lifting weights whilst reading a book
- [ ] taking the stairs instead of the elevator

6. The word 'while' in paragraph 5 is closest in meaning to:

- [ ] in between
- [ ] up until
- [ ] at the same time
- [ ] none of the above

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