

## World's Healthiest Hearts MAZE

### Read and select the correct word

Researchers have discovered the people with **1.** ( the most healthiest , the healthiest , healthiest ) hearts in the world. The Tsimane people live in the Amazon **2.** ( regionally , regional , region ) of Bolivia and have almost no risk of serious heart disease **3.** ( because , however , although ) of their plant-based diet and high levels of physical activity. **4.** ( Whereas , Besides , Even though ) having a healthy heart, the Tsimane also have low blood pressure, low **5.** ( cholesterol , colesterol , chalesterol ) levels and low blood glucose. This all adds up to a very strong **6.** ( cardiology , cardio , cardiovascular ) system. And this means **7.** ( them , it , they ) avoid many of the diseases and conditions that kill hundreds of millions around the world, such as heart attack, stroke, diabetes, and kidney failure. A study **8.** ( state , estimates , reporting ) that an 80-year-old from the Tsimane tribe has the same cardiovascular age as an American in their mid-50s.

The study on the Tsimane **9.** ( is published , was publish , published ) in the medical journal 'The Lancet'. Study co-author Dr Gregory S. Thomas stated: "This study suggests that coronary [disease] could be avoided **10.** ( unless , whereas , if ) people adopted some elements of the Tsimane lifestyle, **11.** ( such as , in addition , in contrast ) keeping their cholesterol, blood pressure and blood sugar very low, not smoking and being physically active." He added: "Most of the Tsimane are able to live their entire life **12.** ( without , with , and ) developing any coronary [disease]. This has never been seen in any **13.** ( priority , prior , priory ) research. While difficult to achieve in the industrialized world, we can adopt some aspects of their lifestyle to **14.** ( potentially , possible , probably ) forestall a condition we thought would eventually effect almost all of us."