

Listen to the audio as many times as you need to, and then fill in the blanks.

New research _____ that having _____ friends in _____ age may be more _____ for longevity than having close family _____. This is _____ to a study _____ in the British Journal of Epidemiology and Community Health on _____ 16. Researchers _____ 1,500 Australians _____ the age of 70 about their _____ and family _____. Findings _____ that affiliations with _____ friends _____ chances of _____ beyond ten years by 22 percent. This was attributed to the _____ physiological _____ on the body of increased _____ and social _____. The researchers _____ that the _____ feelings _____ by the septuagenarians because of their friends was the antithesis to the _____ effects that _____ has on our well-being.

The researchers _____ data _____ from the Australian Longitudinal Study of _____, which _____ in 1992. This study _____ to gauge how a _____ of _____, economic, _____ and social factors _____ the constitution of the test _____ of 70-year-olds. The senior _____ were _____ annually for the first four _____ of the ten-year-long _____ and at three-yearly intervals thereafter. The team _____ that those with the _____ network of friends and confidants were less _____ to die by the _____ of

the ten-year _____. This was _____ even after _____ in other variables such as the _____ of a _____, financial upheavals or other traumatic _____. The _____ is to keep in _____ if you want to live _____.