

Listening comprehension 1
Intense Exercise Program Not Just for Athletes
<https://www.youtube.com/watch?v=INwtsoxXTws>

1. Fill in the blanks:

- a) "(...) these individuals have an identity, that 'I am a fit, _____ person'..."
- b) " We take a comprehensive approach or we try to in these studies, we're directly measuring Michael's _____ uptake during an _____ test..."
- c) " The exercise routine helped Van Ziffle lower his _____ pressure, increase his _____ and lose weight."
- d) He had one fear" I do not want to have _____."
- e) " (...) we take blood samples, we're gonna measure his glucose and _____ levels, levels of lipids in his blood."
- f) " The researchers say their study shows HIIT is not just for _____."

2. Tick the correct answer:

The overall fitness of Mike Van Ziffle improved between :

- ☐ 10 and 15% ☐ 5 and 15% ☐ 5 and 10%

3. Tick the elements which are NOT mentioned in the document:

- ☐ glucose ☐ lipids ☐ proteins ☐ calories

4. What does HIIT mean? _____

5. Say if these statements are "TRUE" or "FALSE" according to the document:

- a) The HIIT exercise program doesn't help people with chronic disease: ☐ true ☐ false
- b) Participants to the study stopped exercising at the end of the study: ☐ true ☐ false

6. Which of the following subjects are mentioned in the document? Tick the correct answer(s):

- ☐ exercise routine to prevent diabetes
- ☐ workout strategy popular with athletes
- ☐ exercise routine to prevent osteoarthritis
- ☐ workout strategy popular with children