

## **Exercise 15**

*You will hear a part of a lecture. For each question, fill in the missing information in the numbered space.*

*Write no more than ONE WORD for each answer.*

### **The benefits of exercising**

1. Regular exercise helps improve the health of your \_\_\_\_\_ and circulatory system.
2. Physical activity can help people feel less \_\_\_\_\_ during the day.
3. Exercise strengthens muscles and improves your overall \_\_\_\_\_.
4. Being active can help improve how well you \_\_\_\_\_ at night.
5. Exercise can increase your energy and reduce feelings of \_\_\_\_\_.
6. Many people enjoy exercising because it helps them relax and reduce \_\_\_\_\_.



## **Exercise 16**

*You will hear a part of a lecture. For each question, fill in the missing information in the numbered space.*

*Write no more than ONE WORD for each answer.*

### **The importance of recycling**

1. Recycling is one of the best ways to help the \_\_\_\_\_.
2. Some people throw away things they could easily \_\_\_\_\_.
3. Recycling materials uses less \_\_\_\_\_ than making new ones.
4. Old paper can be used again to make new \_\_\_\_\_.
5. Schools and offices often have special \_\_\_\_\_ for recycling.
6. Many people feel a sense of \_\_\_\_\_ when they recycle regularly.

