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.

LIVEWORKSHEETS