**Questions 33-37**

Complete the notes below.

Choose **NO MORE THAN TWO WORDS OR A NUMBER** for each answer.

Write your answers in the boxes **33-37** on your answer sheet.

Energy expenditure from exercise and weight loss

| | |
|---|---|
| The Hadza | • Inhabit **33** ..... as **34**..... The men's job: hunting with bows and arrows.<br>• The women's job: digging for tubers and picking berries.<br>• The men's energy expenditure: up to **35**..... calories, 700 more than the women's. |
| 2000 people from the US, Ghana, Jamaica, South Africa and the Seychelles | • Monitored for more than a week to measure their activity's **36**.....<br>• Those who followed the US exercise guidelines ironically gained more weight |
| Mice | • Encouraged to **37**..... with running wheels but found to move less than usual. |

**Questions 38-40**

Complete the summary below.

Choose **NO MORE THAN TWO WORDS** from the passage for each answer.

Write your answers in the boxes **38-40** on your answer sheet.

Numerous studies are indicative of the more considerable **38** ..... of proper dietary regimes compared to that of exercise. That said, regular exercise holds remarkable health-related merits, not limited to **39**....., as can be seen in the lifestyle of the Hadza, who are much more physically active than Westerners are. Exercise can not only better a person's overall health, mobility and brain function but ward off many **40** ..... as well.

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