

Task 7.1: Read the sentences and put a tick [✓] where it belongs to.

Statements about The Text	TRUE	FALSE
❶ Exercise is beneficial to both physical and mental health.		
❷ People who exercise regularly can sleep easily and tight.		
❸ A good metabolic rate can prevent from injury and illness.		
❹ Endorphins is released to help people fight bacteria and viruses.		
❺ Exercise supports immune system to prevent people from being fat.		
❻ Exercise can help people improve their appearance and self-esteem.		

Task 7.2: Correct the mistakes from Task 7.1.

CORRECTION