SECRETS TO A LONG LIFE

NAME: _____

1. **Use the words below to complete the sentences.**

activity	benefit	confident	endorphins
identical twins	increase	opportunity	personality

Human beings _____ from exercise on physical and emotional levels.

_____ are sometimes called "happy chemicals" because they give us a strong feeling of pleasure.

_____ look exactly the same.

Stress can cause even happy, _____ people to feel depressed.

Sisters help to _____ communication in a family.

_____ is another word for chance.

People who do a lot of physical _____ help their bodies and minds stay strong.

My friend Bob is really fun and interesting. He has a great _____.

2. Read the following sentences and choose the correct answer.

1. In one experiment, women felt less pain from an electric shock if they _____.

   a. took strong medicine
   b. held their partner's hand
   c. felt very happy
   d. were young and healthy

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2. Family members might talk more to each other if some of the children are _____.

   a. similar
   b. different
   c. boys
   d. girls

3. The oldest child in a family is more likely to _____.
   a. be sociable
   b. live dangerously
   c. have success
   d. get married

4. In Denmark, people have to _____.
   a. give a lot of money to the government
   b. work more than forty hours a week
   c. belong to a community organization
   d. pay for health care and education

5. We know about the natural happiness point because of experiments on _____.

   a. close friends
   b. identical twins
   c. Danish people
   d. happy people

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