

# 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

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