

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