

Read the text and choose the correct word for each space. For each question circle A, B, C or D.

THE VALUE OF WALKING



New research reveals that walking just 9.5 kilometres (six miles) a week may keep your brain sharper as you get old. Research published in the October 13 online issue of *Neurology* (1) _____ that walking may protect aging brains from growing smaller and, in (2) _____, preserve memory in old age.

‘Brain size shrinks in late adulthood, which can (3) _____ memory problems,’ study author Kirk Erickson of the University of Pittsburgh said in a news release. ‘Our findings should encourage further well-designed scientific (4) _____ of physical exercise in older adults as a very (5) _____ approach for preventing dementia and Alzheimer’s disease. ‘For the study, the team asked 299 dementia-free senior to record the (6) _____ they walked each week.

Four years later, the participants were tested to see if they had developed (7) _____ of dementia. Then after nine years had passed, scientists (8) _____ the participants brains to measure size. At the four-year test, researchers discovered subject who walked the most had (9) _____ their risk of developing memory problems by 50 per cent. At the nine-year checkpoint, those who walked at least 9.5 kilometres a week, had brains with a larger (10) _____ than those who didn’t walk as much.

This is not the first study to (11) _____ the benefits of walking in seniors. For example, last spring, Harvard University found that women who walked regularly at a (12) _____ pace had an almost 40 per cent lower risk of stroke.

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| 1. A) informs | B) provides | C) suggests | D) notifies |
| 2. A) result | B) turn | C) sequence | D) case |
| 3. A) account | B) lead | C) set | D) cause |
| 4. A) trials | B) attempts | C) searches | D) courses |
| 5. A) indicative | B) promising | C) fortunate | D) ideal |
| 6. A) distance | B) length | C) duration | D) extent |
| 7. A) signals | B) factors | C) signs | D) features |
| 8. A) skimmed | B) scanned | C) screened | D) sounded |
| 9. A) depressed | B) declined | C) reduced | D) dropped |
| 10. A) volume | B) amount | C) dimension | D) quantity |
| 11. A) advertise | B) promote | C) respect | D) admire |
| 12. A) brisk | B) hard | C) crisp | D) brief |

Source: Cambridge English Advanced Trainer