

SHORT=TEXT ANSWER PRACTICE

EXAMINATIONS

Read the text and answer questions 1 to 8.

The teenage years are some of the best years of our lives, a time for discovery, changes and opportunity and yet they are also some of the most challenging years of our lives. Dealing with growing up, school demands and social changes can lead to increased stress, anxiety, and concentration issues. Sports and other physical fitness activities are a great way to channel these mental roadblocks. Sometimes competitive sports are not for everyone. Therefore, exploring the benefits of teen yoga can be invaluable.

The physical benefits of teen yoga are vast. Yoga builds strength of muscles and bones as well as increases muscle flexibility and mobility. It helps in the development of coordination and balance, and assists teenagers to relax. These physical benefits are valuable as yoga instills a fit and healthy lifestyle in them while they are still young. While these physical benefits are great, teens also need methods to channel their mental barriers. Balancing the stresses of school, a social life, peer pressures, and other daily demands can be very challenging for teens. Yoga is a healthy way to work out these pressures.

Some of the mental benefits of teen yoga include learning techniques to manage stress by redirecting thoughts and calming the nervous system. Yoga also helps provide a healthy body image by providing a strengthened internal perspective. By providing a healthy way to explore the body and mind, it not only helps to manage stress, but also boost one's confidence.

Many top athletes use yoga to build their strength and their focus. It is just as useful for the competitive teen boy rugby player as the teen girl who is not so keen on sport. Yoga helps all people become more aware of themselves both physically and mentally and it helps people to relax.

Questions 1 – 8

Answer the questions below. Choose **no more than five words and/or a number** from the text for each answer. For each question, write your answer in the space provided.

1. Although teenage years are said to be a time of discovery, they can also be the most _____ of our lives.
2. Dealing with growing up, school demands and social changes can cause teenagers to experience increased stress, anxiety and _____.
3. Practising yoga brings many physical and _____.
4. Not everyone can do _____, so exploring the benefits of teen yoga can be good.
5. Being a teenager these days can be very challenging, as they have to deal with the stresses of school, social life and _____.
6. Through yoga, a person can manage stress by redirecting thoughts and _____.
7. By providing a strengthened internal perspective, yoga helps a teenager to develop a _____.
8. Yoga is also practiced by athletes to help them to _____ and their focus.

Questions 9 and 10

Complete the table with **a word** from the text. For each question, write your answer in the space provided.

Meaning	Word
9. ease up	
10. burdens	