- 1. In the urban areas, 75 percent of individuals who have taken the test have a heart age that is at least one year older than their real age.
- 2. A campaign has been launched to help people find out their 'heart age'.
- 3. The free online heart age test asks people some basic lifestyle questions, including blood pressure, and will give an instant estimation of someone's heart age.
- 4. Those who have a heart age higher than their real age are at an increased risk of heart attack or stroke.
- 5.Ministry of Health has created an online test in an effort to reduce the number of deaths from heart disease or stroke.

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- 1. Hip Hop culture emerged as a reaction to the gang culture and violence of the South Bronx in the 1970s, and daily experiences of poverty, racism, exclusion, crime, violence, and neglect.
- 2. Yet, the Hip Hop project is not yet free from these difficult circumstances.
- 3. Without these, Hip Hop culture would never have been, and it is because these values remain at its core that Hip Hop is such a powerful agent of positive social change around the world.
- 4. It necessarily embodies and values resilience, understanding, community and social justice.

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LIVEWORKSHEETS