

Read the poster below and answer questions 1 to 10.

**PP Module Pre-PT3 Booster** (2) Non-linear Text

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# Benefits of Exercise

## 2 You sleep better

A 16-week programme of walking, cycling or treadmill training for 40 minutes four times a week, together with tips on sleep hygiene, in Chicago, helped break the sleepless cycle of people above 55, who were suffering from chronic insomnia.

## 4 Your bones are stronger

When Finnish researchers put 149 women aged 70 to 78 through an all-round exercise programme, combining balance, agility, jumping and weight work, they found their bones became stronger, protecting them against osteoporosis.

## 6 You live longer

An active lifestyle after the age of 50 can add four and a half years to your life, according to the Framingham Heart Study, which has been following the health of 5 209 residents of Framingham, Massachusetts, since 1948.

## Core Civic Value

**Core Value:** Happiness

**Topic:** Moderation In Life

**Activity:** Work in groups. Discuss ways of living moderately.

## Vocab Booster

agility	- ability to move easily and quickly
all-round	- comprehensive, in all respects
insomnia	- inability to sleep
brisk	- quick and energetic

## 1 You keep away muscle loss

In 2010, a Japanese study on exercise among older people found that walking 7 000 to 8 000 steps a day helped to preserve muscle mass in a group of 175 people aged 65 to 84.

## 3 Your confidence is boosted

Exercise makes you feel better about yourself. This motivates you to carry on, according to a research on older people carried out at Stanford University, California.

## 5 You are calmer

In 2011, Canadian scientists found a chemical link between exercise and mood. In a study of men aged 57 to 70, an hour on the treadmill made them more relaxed.



## 7 You keep your brain sharp

Many researchers say that being physically active can help preserve mental function. Just half an hour's brisk walking daily could slow mental decay by five to seven years. It also slows down the onset of Alzheimer's disease.

Answer the question below.

Choose **no more than five words and/or a number** from the poster for each answer.

- 1 Canadian scientists found a chemical link \_\_\_\_\_  
in their study.
- 2 Who are the main people targeted in the poster?  
\_\_\_\_\_
- 3 The elderly lives longer if they \_\_\_\_\_.
- 4 What diseases is slowed down through physical activity like brisk walking?  
\_\_\_\_\_
- 5 According to a Japanese study among 175 people, exercise can  
\_\_\_\_\_.
- 6 After undergoing an all-round exercise programme, 149 women in Finland found  
\_\_\_\_\_.
- 7 A research conducted in Chicago showed that brisk walking, cycling or treadmill  
training for about 40 minutes four times a week helped \_\_\_\_\_.
- 8 A research carried out at Stanford University reveals that regular exercise keeps older  
people \_\_\_\_\_.

Complete the table below with **a word** from the poster.

Meaning	Word
9 the beginning of something unpleasant	
10 difficult to cure	