

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

## EXERCISING TO MUSIC



All sorts of sportspeople say that there are great benefits to be gained from exercising to music. It is an opinion which is shared by sports scientists at London University who have been studying the (1) \_\_\_\_\_ of music on exercise performance. They have now (2) \_\_\_\_\_ that listening to motivating tunes can help people to get fit quicker. They discovered that the right tunes not only inspire people to start exercising in the first (3) \_\_\_\_\_, but also enable them to (4) \_\_\_\_\_ out for longer. Music can calm someone down after a stressful day, so that they are more in the (5) \_\_\_\_\_ to exercise. But also, (6) \_\_\_\_\_ on the rhythm of music helps people to (7) \_\_\_\_\_ going when they are getting tired.

The researchers attended gyms in various countries to (8) \_\_\_\_\_ the reactions of different age groups to different types of music. Interestingly, they found that it is the music that people (9) \_\_\_\_\_ with their youth that inspires them most. The researchers also visited international athletics' meetings, and found that music can also help (10) \_\_\_\_\_ athletes to perform to a higher (11) \_\_\_\_\_. Before and during a competition, it can (12) \_\_\_\_\_ vital changes to their mental state, which can (13) \_\_\_\_\_ the difference between winning and losing.

The British fitness industry is (14) \_\_\_\_\_ the findings seriously. Several leisure companies have (15) \_\_\_\_\_ surveys to ask members about their musical preferences.

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|-----------------|------------------|-----------------|---------------|
| 1. A) effects   | B) force         | C) significance | D) results    |
| 2. A) checked   | B) relied        | C) defined      | D) proved     |
| 3. A) step      | B) case          | C) place        | D) instance   |
| 4. A) wear      | B) make          | C) work         | D) draw       |
| 5. A) humour    | B) mind          | C) state        | D) mood       |
| 6. A) thinking  | B) concentrating | C) visualising  | D) reflecting |
| 7. A) keep      | B) stay          | C) hold         | D) continue   |
| 8. A) regard    | B) follow        | C) observe      | D) remark     |
| 9. A) associate | B) combine       | C) accompany    | D) join       |
| 10. A) head     | B) top           | C) chief        | D) upper      |
| 11. A) average  | B) standard      | C) measure      | D) amount     |
| 12. A) turn on  | B) set up        | C) bring about  | D) let in     |
| 13. A) mean     | B) represent     | C) allow        | D) cause      |
| 14. A) seeing   | B) taking        | C) doing        | D) acting     |
| 15. A) drawn up | B) written up    | C) handed in    | D) filled in  |

Source: *Fast Track to FCE Tests*