**Can internet friends become as close as offline friends?**

I'm in my 30s. I've had a lot of friends come and go throughout my years on this blue planet. Believe it or not, the one group of friends who've been with me the longest are friends I originally met online years ago. A few of them I've actually met, spent time with, dated, and so on and the rest I've only spoken to via technology but never physically seen in person. Today, I see these people as some of my closest friends and a couple I consider family. Some of them have even gotten married and their wives have also joined the group. Just because we don't spend time together in reality doesn't mean we don't have relations with each other. We game together, have Skype conversations, text, and even call very often. Now to be clear, I'm not some lonely computer freak who only leaves his home to buy candy. I go out with my local friends often, I spend quite a bit of time at pubs and bars as well as at sporting events. As far as my local friends are concerned, I'm a very lively friendly person like any other person. Getting directly to the question of how close we are. The people I've met online probably know more about me than my local friends. They know the full aspects of my dating life, they know my true fears in life, they know things I've dealt with and deal with on a normal basis. Some say it's because of the longevity of which we've known each other, I personally think it's a mix of that as well as the manner of our friendship. Most of us game together, and for anyone who's played a game knows the pain of spending 2 hours getting through a level only to die at the end. We have that bond and that connection, we have each other's back when it doesn't matter. And that's just us. So can internet friends become as close as offline friends? Definitely, in fact under the right circumstances, they can become even closer.

**1. Read the text and choose SIX true sentences.**

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|---|---|
| The writer has made a lot of friends in his life. | |
| He hasn't met any of his friends in person. | |
| All of his friends are like family to him. | |
| They have welcomed each other's couples in their group. | |
| He believes it's more difficult to keep online friendships. | |
| He has never heard his online friends' voices. | |
| He and his online friends consider themselves unsociable. | |
| He just leaves home for shopping. | |
| He sometimes watches sports. | |
| He has almost no secrets for his online friends. | |
| He believes computer games promote close relations | |
| There isn't just one reason for the success of their relationship. | |

LIVEWORKSHEETS

## AMERICAN TEENS ARE STILL NOT GETTING ENOUGH EXERCISE

American teenagers have a reputation for being among the least active in the world. Only 8 percent get the recommended 60 minutes of exercise a day. Studies show that without enough exercise, teens are more likely to develop long-term illnesses such as diabetes and heart disease. In addition, lack of exercise affects the brain and can result in lower grades.

Researchers wanted to take a closer look at teen exercise habits. They gave GPS monitors and activity trackers to a test group of volunteers. The devices recorded where they were and how much exercise they were getting every 30 seconds for about a week.

All of the teenagers were between 12 and 16 years old. The GPS monitors showed that they spent most of their waking hours at school. On average, they spent 42 percent of their time at school and 28 percent at home. Thirteen percent was spent in their neighborhoods, 4 percent near their schools, and the rest elsewhere.

The activity trackers revealed that the students averaged about 39 total minutes of exercise each day. Teens spent at least 25 percent more time exercising on school days than on weekends. Since the teenagers spent the largest amount of their time at school, that is where they got the largest total amount of exercise. However, spending the most time at school also led to the most total time spent sitting.

The teens spent less time at home or outside than they did at school, and those were the places where students were more active. Therefore, researchers concluded that students should exercise more at school. They should also spend more time outside in neighborhoods and schoolyards.

Scientists did not find that race or ethnicity made any difference in exercise patterns. It also did not matter if students came from families where the parents went to college. What they did find was that boys exercised more than girls.

**2. Read the text and decide if the following statements are TRUE (T) or FALSE (F).**

| | |
|---|---|
| American teenagers get enough exercise. | |
| American teenagers exercise more than average. | |
| Doing little exercise can affect students' marks at school. | |
| Wearing the trackers was compulsory. | |
| All volunteers were under-aged. | |
| Research showed that students spend most of their time at home and at school. | |
| Students exercise more on Saturdays and Sundays that on week days. | |
| At school students spend most of their time walking. | |
| Researchers recommend doing more exercise at home. | |
| Teenagers should spend more time outdoors. | |
| Females exercise less than males. | |

LIVEWORKSHEETS