

Unit 5 Smart Exercise

Name:

Class

No.

Date

Choose the best answer.

1.What is the main idea of this reading?

- a. How to exercise
- b. How exercise helps the brain
- c. How to get good scores on a test
- d. How the brain can change

2.According to the reading, what is the connection between exercise and brain development?

- a. Exercise makes us less intelligent.
- b. The brain needs special mental exercise.
- c. The more exercise, the bigger the brain.
- d. Physical exercise helps us think better.

3.The minimum amount of exercise required to gain any benefit is_____.

- a. Three hours per week
- b. Forty hours per week
- c. Three hours per day
- d. Forty hours per month



**WAKE
UP**

AND

workout

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4. Why is yoga recommended for seniors?

- a. It is easy on joints.
- b. It does not increase the heart rate.
- c. It can be done in groups.
- d. It includes learning new motions.

5. What type of patient does a pediatrician probably treat ?

- a. Poor people
- b. Children
- c. Animals
- d. Old people

6. His excellence in school can_____ his love of reading.

- a. hit the books
- b. be traced back to
- c. beef up

7. Being more_____ active is one of the best thing you can do for yourself.

- a. physique
- b. physical
- c. physically



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8. She was so angry that her hands were _____ shaking with rage.

- a. literalist
- b. literal
- c. literally

9. The actor's last movie _____ his best work.

- a. was for from
- b. was fun to
- c. was traced back
- d. was wiped out

10. The committee suggested a _____ plan to deal with the problem, but the plan won't solve thing completely.

- a. physical
- b. little
- c. short-term
- d. higher

11. The process is more complicate than I had _____ thought.

- a. initially
- b. literally
- c. permanently
- d. physically

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12. In the next chapter, we will learn about the_____ of the moon around the Earth.

- a. dilemma
- b. goal
- c. mass
- d. motion

13. The survey results showed that _____ who drive have relatively few accidents.

- a. abilities
- b. babies
- c. rhythms
- d. seniors

14. The company installed a firewall to _____ its computer security.

- a. beef up
- b. open up
- c. put up with
- d. turn up

15. The city's crime _____ has dropped five percent over the last year.

- a. goal
- b. pressure
- c. rate
- d. therapy