

Fitness Pill

Read the text and answer the questions



The fitness pill could help people become

- fitter
- taller
- overweight

The pill could also help people lose

- fitness
- muscles
- weight

Where would you expect to see people on a treadmill?

- in bed
- in a gym
- in a hospital

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Mice with no previous _____ ran longer after taking the fitness pill.

- training
- schooling
- spare time
-

People who can't get out of bed due to _____ could also benefit.

- good health
- ill health
- lack of sleep

How much time should adults spend exercising each day?

- 40 minutes
- 5 minutes
- none

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Many people fear athletes might use the fitness pill to enhance their

- performances
- drug tests
- sports

Michael Phelps is a world-famous Olympic gold-medalist in

- drug testing
- strength and stamina
- swimming

Drugs that still haven't been approved for human use shouldn't be

- tested
- of benefit
- taken

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Who first discovered the fitness pill?

- athletes
- scientists
- fitness trainers