

World's Healthiest Hearts MAZE

Read and select the correct word

Researchers have discovered the people with **1.** (the most healthiest , the healthiest , healthiest) hearts in the world. The Tsimane people live in the Amazon **2.** (regionally , regional , region) of Bolivia and have almost no risk of serious heart disease **3.** (because , however , although) of their plant-based diet and high levels of physical activity. **4.** (Whereas , Besides , Even though) having a healthy heart, the Tsimane also have low blood pressure, low **5.** (cholesterol , colesterol , chalesterol) levels and low blood glucose. This all adds up to a very strong **6.** (cardiology , cardio , cardiovascular) system. And this means **7.** (them , it , they) avoid many of the diseases and conditions that kill hundreds of millions around the world, such as heart attack, stroke, diabetes, and kidney failure. A study **8.** (state , estimates , reporting) that an 80-year-old from the Tsimane tribe has the same cardiovascular age as an American in their mid-50s.

The study on the Tsimane **9.** (is published , was publish , published) in the medical journal 'The Lancet'. Study co-author Dr Gregory S. Thomas stated: "This study suggests that coronary [disease] could be avoided **10.** (unless , whereas , if) people adopted some elements of the Tsimane lifestyle, **11.** (such as , in addition , in contrast) keeping their cholesterol, blood pressure and blood sugar very low, not smoking and being physically active." He added: "Most of the Tsimane are able to live their entire life **12.** (without , with , and) developing any coronary [disease]. This has never been seen in any **13.** (priority , prior , priory) research. While difficult to achieve in the industrialized world, we can adopt some aspects of their lifestyle to **14.** (potentially , possible , probably) forestall a condition we thought would eventually effect almost all of us."