

Reading and Use of English Part 3

For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Exercising the Mind

Regular physical activity is certainly good for your body. However, it is also incredibly (0) *beneficial* for the mind. Studies have found that regular exercise can reduce anxiety, stress and (1) Also, the good news is that regular moderate activity is just as good for your (2) health as an intensive work out is. For example, a fast-paced walk several times a week, can be just as (3) for the mind as a regular run would be.

(4), research has also shown that exercise can actually (5) our mind as well as our body. This is because more exercise can encourage a better blood supply to the brain. (6), this means that the level of oxygen and energy supply is also greater, and this results in an individual being able to perform better.

However, (7) also warn that the positive effects of exercise can easily be lost, once we stop exercising (8)

BENEFIT

DEPRESS

PSYCHOLOGY

EFFECT

FURTHER

STRONG

CONSEQUENT

RESEARCH

REGULAR

