The Health Benefits of Laughter

We all know that it's fun to laugh. But did you know that laughing is good for you, too?

Several recent studies (1) _____ shown that laughter has health benefits. Laughing not only makes people feel happy and relaxed, but it reduces stress, too. What's more, it helps our blood to flow, and so protects (2) _____ from heart disease. According to scientific research, people (3) _____ spend a lot of time laughing with family and friends are likely to be healthier (4) _____ other people. In fact, a study done at a university in Japan suggests that people with a good sense (5) _____ humour may even live longer.

It seems that laughter really is (6) _____ best medicine.

LIVEWORKSHEETS