Read the following passage about a study into 'sitting'.

The ease of our modern workday could come **at the expense of** our longevity. A new study of older women in the American Journal of Preventive Medicine finds that sitting for long stretches of time increases **the odds** of an **untimely death**. The more hours women in the study spent sitting at work, driving, lying on the couch watching TV, or engaged in other **leisurely pursuits**, the greater their odds of dying early from all causes, including heart disease and cancer.

Even women who exercised regularly risked shortening their lifespan if most of their daily hours were **sedentary** ones. "Even if you are doing the recommended amount of moderate to **vigorous** exercise, you will still have a higher risk of **mortality** if you're spending too many hours sitting," says Dr. JoAnn Manson, one of the study's authors.

How much sitting can you safely do in a day? In the study, women who were inactive for 11 or more hours a day fared the worst, facing a 12% increase in **premature death**, but even lesser amounts of inactive time can cause problems. "Once you're sitting for more than 6 to 8 hours a day, that's not likely to be good for you," Dr. Manson says. You want to avoid prolonged sitting and increase the amount of moderate or vigorous exercise you do each day, she adds.

*Are the following statements **TRUE**, **FALSE**, or **NOT GIVEN**?*

1. The study looked at the effects of sitting on elderly women only.
Your answer:

2. A link was found between hours spent sitting and serious health problems.
Your answer:

3. The warnings about sitting do not apply to people who exercise regularly.
Your answer:

4. Less than 6 hours a day is a safe amount of sitting.
Your answer:

LIVEWORKSHEETS

Hoàn thành bảng từ vựng sau:

Sort elements

với sự trả giá, với sự mất mát

tỉ lệ, khả năng

chết sớm

thú vui tiêu khiển

(hoạt động, công việc,...) ngồi nhiều

mạnh mẽ, cường độ mạnh

cái chết, sự tử vong

sedentary (adj):	
at the expense of somebody/ something (idiom):	
mortality (noun):	
the odds of something (noun phrase):	
vigorous (adj):	
premature death/ untimely death (noun phrase):	
leisurely pursuits (noun phrase):	

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