

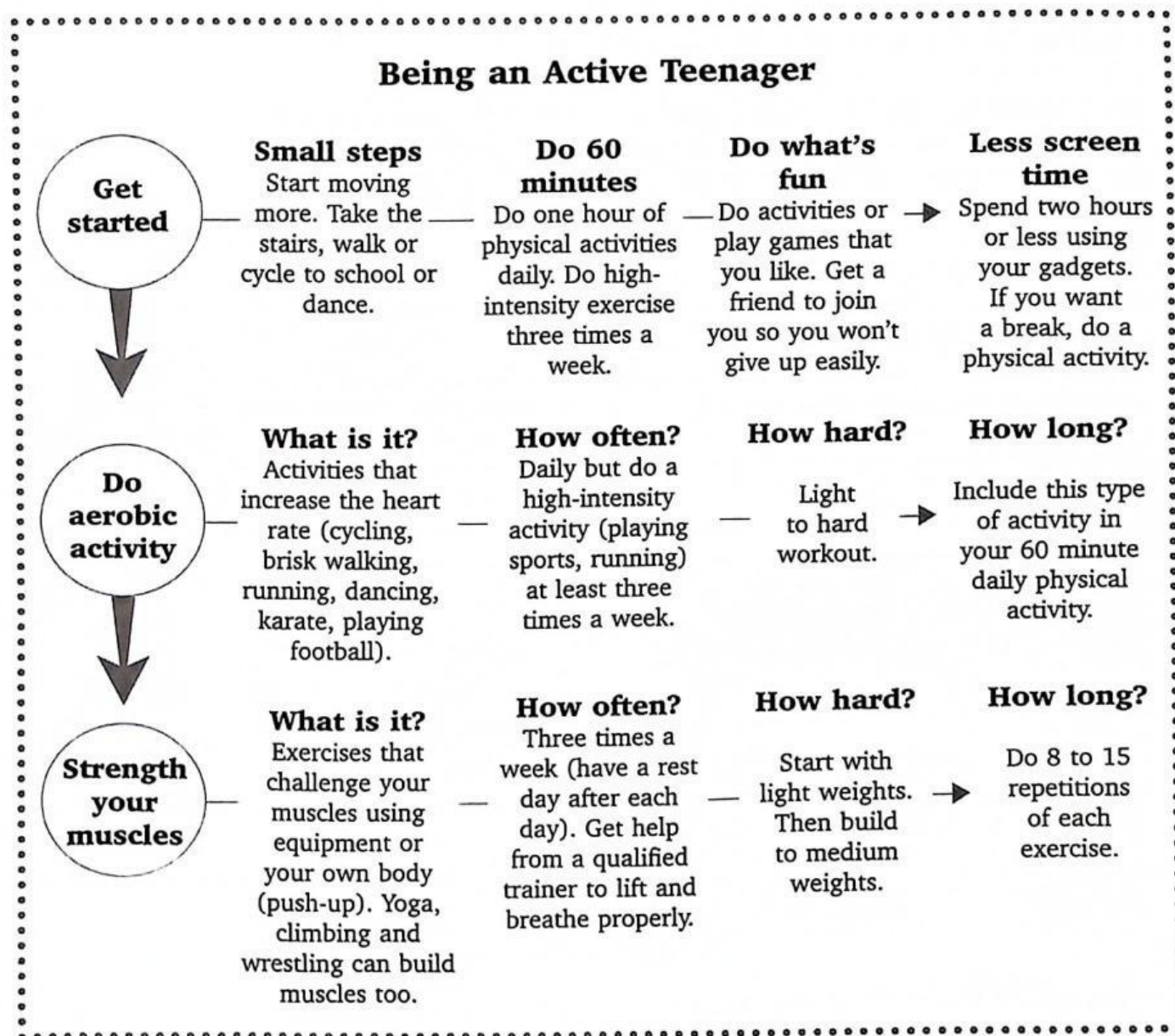
## PART 4

*You should spend about 20 minutes in this part.*

Read the text and answer the questions that follow.

For 25 to 28, write **True** or **False** for every statement given.

For 29 to 32, choose **no more than five words and/or a number** from the text for each answer.



25. An inactive teenager can start getting active by cycling to school.

\_\_\_\_\_

26. Teenagers should do tough activities three times a week.

\_\_\_\_\_

27. Teenagers should run or play sports every day.

\_\_\_\_\_

28. Exercising with weight machines is not the only way to build muscles. \_\_\_\_\_
29. Teenagers should spend \_\_\_\_\_ minutes doing physical activity every day.
30. Aerobic activity is any activity that increases the \_\_\_\_\_.
31. A \_\_\_\_\_ can help teenagers learn how to lift weights and breathe properly.
32. Teenagers should do \_\_\_\_\_ repetitions of weight training exercises.

[8 marks]