

PART 4

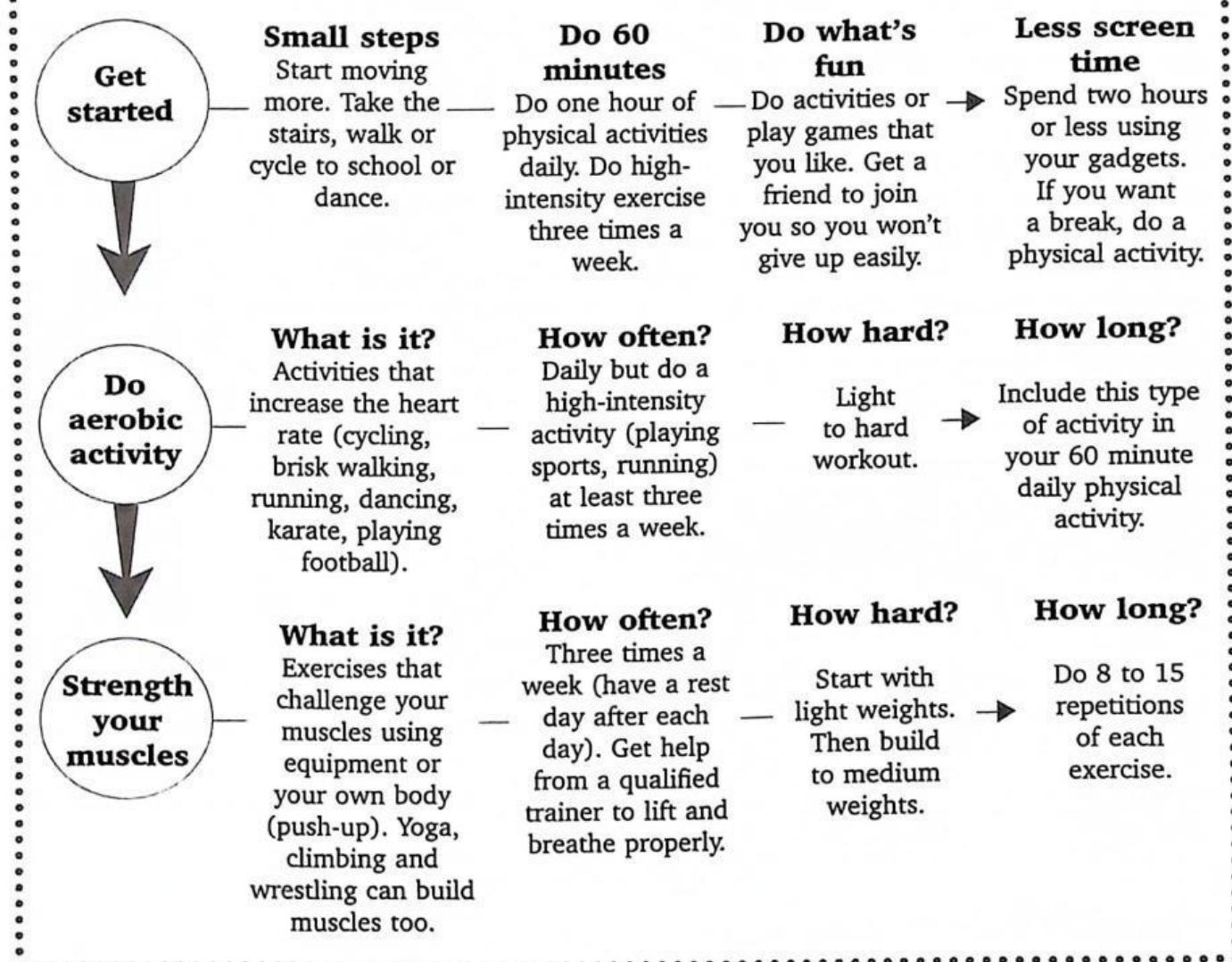
You should spend about 20 minutes in this part.

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.

Being an Active Teenager



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]