Part 2
Questions 9 – 16

Read the text below and correct the underlined errors.
For each question, write the correct word in the space provided on your answer sheet.

Striving for Your 10,000 Steps!

Should you walk 10,000 steps a day? Many health bodies **(0)** inclusive The World Health Organisation, **(9)** is supporting this view because of the sedentary way of life that most people lead nowadays. People need to be **(10)** most active to be healthy. Nevertheless, it is tough for a person to **(11)** achieving the target without some discipline and time commitment. Meanwhile, some recent studies **(12)** having concluded that it is just a number to indicate an active lifestyle. People can switch to brisk walking or do moderate activities that can increase **(13)** them heart beats. They will still get similar health benefits **(14)** or in less time. The more important fact to accomplish is the consistent effort in **(15)** done exercises. Using the 10,000-step goal as a benchmark, one can gain overall fitness and the maintenance of good health which include slowing mental decline, protection against heart diseases, improving sleep, relieving depression and **(16)** lost of weight.

[8 *marks*]

Example:

0	including

Answers:

9		**10**		**11**		**12**	
13		**14**		**15**		**16**	

LIVEWORKSHEETS