

**PART 4 Questions 31–40**

Complete the notes below.

Write **ONE WORD ONLY** for each answer.

### Health benefits of dance

#### Recent findings:

- All forms of dance produce various hormones associated with feelings of happiness.
- Dancing with others has a more positive impact than dancing alone.
- An experiment on university students suggested that dance increases 31 .....
- For those with mental illness, dance could be used as a form of 32 .....

#### Benefits of dance for older people:

- accessible for people with low levels of 33 .....
- reduces the risk of heart disease
- better 34 ..... reduces the risk of accidents
- improves 35 ..... function by making it work faster
- improves participants' general well-being
- gives people more 36 ..... to take exercise
- can lessen the feeling of 37 ..... , very common in older people

#### Benefits of Zumba:

- A study at The University of Wisconsin showed that doing Zumba for 40 minutes uses up as many 38 ..... as other quite intense forms of exercise.
- The *American Journal of Health Behavior* study showed that:
  - women suffering from 39 ..... benefited from doing Zumba.
  - Zumba became a 40 ..... for the participants.



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