

LISTEN TO THE AUDIO AND FILL IN THE GAPS.

A new study has shown that physical (1) _____ and exercise are 'contagious' because of social media. Researchers at the Massachusetts Institute of Technology (MIT) (2) _____ that people who post (3) _____ of their exercise patterns and achievements on social media sites motivate and (4) _____ other people to be more active. Researchers tracked the exercise routines of 1.1 million runners over a (5) _____ of five years. They looked at the geographic location of the runners, their social network use, distance, time, pace and the (6) _____ they burned. The researchers concluded that sharing personal exercise (7) _____ via social media can inspire others to exercise more, exercise harder and do so more (8) _____.

encourage
calories
discovered
activity
competitively
details
data
period

The journal 'Nature Communications' has published the research. The study includes (9) _____ accounts of how inspiring it can be to read about a friend's physical (10) _____. Researchers said: "On (11) _____, an additional kilometre run by friends can inspire someone to run an additional three-(12) _____ of a kilometre, and an additional ten minutes run by friends can inspire someone to run three minutes (13) _____. The study said social media (14) _____ the performance of runners who had been a little slower or less in (15) _____, and of those who were showing signs of overtaking a friend's performance. Researcher Sinan Aral said: "In (16) _____, if you run more, it is likely that you can cause your friends to run more."

improved
activity
tenths
general
detailed
average
shape
longer

CHOOSE THE CORRECT OPTION

The study includes detailed accounts of how _____

- a. inspire in it can be
- b. inspiring it can been
- c. inspiring that can be
- d. inspiring it can be

inspire someone to run an additional three-_____ kilometre

- a. tenths of a
- b. tents of a
- c. tenets of a
- d. tenants of a

the performance of runners who had been a little slower or _____

- a. less on shape
- b. less in shape
- c. less un-shape
- d. less out shape

and of those who were showing signs of overtaking a _____

- a. friend's performance
- b. friends' performance
- c. friends performance
- d. friend performance

In general, if you run more, it is likely that you can cause your _____

- a. friends to run mores
- b. friends to run moor
- c. friends to run many
- d. friends to run more