Open Cloze Passage

Read the text below and think of the word which best fits each space. Use only one word in each space.

EXERCISE AND ENERGY

The benefits **(1)** ____ exercise are truly profound. Exercise helps you feel better, think **(2)** ____ clearly, and look your best. It also helps to control appetite, boost mood, improve sleep, and reduce your **(3)** ____ of heart disease, stroke, diabetes, dementia, depression, and many cancers.

Add to that long list of **(4)** _____ that exercising regularly remains one of the most powerful ways to **(5)** _____ your energy. In fact, nothing medicine has ever invented or discovered rivals regular exercise when it comes to protecting your health and sustaining your energy.

Think of your energy level as a **(6)** _____ battery. Being active is like plugging in the battery and recharging it, while sitting idle causes the energy to drain **(7)** _____.

When you're inactive, you are losing muscle cells. The cells that remain have fewer mitochondria, which lowers their ability to produce energy. It's remarkable how **(8)** ____ time it takes to see the effects of this.

Excerpt taken and adapted from the website of Harvard Health Publishing.

LIVEWORKSHEETS