

Read the following announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 23 to 25.

### Event Closure Notice

The community centre will be undergoing renovations beginning next Monday to improve our facilities and ensure a more enjoyable experience for all visitors. This temporary closure (23) \_\_\_\_\_ part of our ongoing efforts to maintain a high standard of service. The centre is expected to reopen by the start of next month.

If you have any questions or require assistance during this period, feel free to (24) \_\_\_\_\_ our team. Our staff is available to provide information and help with alternative arrangements for events or activities.

We appreciate your patience and look forward to (25) \_\_\_\_\_ everyone back to an improved and refreshed space!

**Question 23.** A. remains                      B. forms                      C. includes                      D. represents

**Question 24.** A. contact                      B. call                      C. locate                      D. connect

**Question 25.** A. being welcome                      B. be welcome                      C. welcome                      D. welcoming

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 26 to 30.

### The Role of Exercise in Mental Health

Exercise has been shown to positively affect both physical and mental well-being. Regular exercise reduces stress, improves mood, and increases energy levels. Physical activity (26) \_\_\_\_\_ endorphins, which are chemicals in the brain that enhance feelings of happiness and relaxation.

Exercise can also serve as a form of meditation, helping individuals (27) \_\_\_\_\_ their minds from daily worries. Many people find that exercising in nature, such as walking or jogging in a park, further boosts their mental clarity and (28) \_\_\_\_\_.

Studies suggest that people (29) \_\_\_\_\_ exercise frequently tend to have a more positive outlook and are better equipped to handle difficulties in life. (30) \_\_\_\_\_ awareness of mental health grows, more individuals are including regular exercise as part of their self-care routine.

*(Adapted from: Role of Physical Activity on Mental Health and Well-Being: A Review)*

**Question 26.** A. releases                      B. hides                      C. consumes                      D. suppresses

**Question 27.** A. ease                      B. shift                      C. clear                      D. free

**Question 28.** A. focus                      B. sense                      C. anxiety                      D. sleep

**Question 29.** A. whose                      B. which                      C. whom                      D. who

**Question 30.** A. As                      B. Thus                      C. Although                      D. Despite