

Questions 33-37

Complete the notes below.

Choose **NO MORE THAN TWO WORDS OR A NUMBER** for each answer.

Write your answers in the boxes **33-37** on your answer sheet.

Energy expenditure from exercise and weight loss

The Hadza	• Inhabit 33 as 34..... The men's job: hunting with bows and arrows. • The women's job: digging for tubers and picking berries. • The men's energy expenditure: up to 35..... calories, 700 more than the women's.
2000 people from the US, Ghana, Jamaica, South Africa and the Seychelles	• Monitored for more than a week to measure their activity's 36..... • Those who followed the US exercise guidelines ironically gained more weight
Mice	• Encouraged to 37..... with running wheels but found to move less than usual.

Questions 38-40

Complete the summary below.

Choose **NO MORE THAN TWO WORDS** from the passage for each answer.

Write your answers in the boxes **38-40** on your answer sheet.

Numerous studies are indicative of the more considerable **38** of proper dietary regimes compared to that of exercise. That said, regular exercise holds remarkable health-related merits, not limited to **39**....., as can be seen in the lifestyle of the Hadza, who are much more physically active than Westerners are. Exercise can not only better a person's overall health, mobility and brain function but ward off many **40** as well.