Part 5

Questions 33 to 40 *are based on the following texts.*
Read the text carefully and answer the questions that follow.

STAY HEALTHY THROUGH EXERCISE

A. Cardiovascular Exercise



Cardiovascular exercises, such as running, swimming and cycling are essential for maintaining good health. These activities strengthen the heart and lungs, increase endurance and help control body weight. Experts recommend engaging in at least 150 minutes of moderate-intensity cardio per week to improve overall well-being. Participating regularly in an exercise routine can boost energy levels and reduce stress.

B. Strength Training



Strength training plays a key role in maintaining muscle strength and bone health. Exercises such as weightlifting, resistance band workouts and bodyweight exercises like push-ups and squats help prevent muscle loss and improve overall fitness. In addition, strength training increases metabolism, which supports weight management. It is particularly beneficial for older adults as it reduces the risk of osteoporosis and improves mobility. Strength training can also enhance mental health.

C. Yoga and Stretching



Yoga and stretching exercises help improve flexibility, reduce tension and promote mental well-being. Yoga exercises include physical postures, breathing techniques and meditation. These elements work together to create balance between body and mind. On the other hand, stretching exercises help prevent injuries, improves posture and increases mobility. These activities are ideal for those who want to stay active while also focussing on relaxation and mindfulness.

D. Group Exercise Classes



Group exercise classes offer a fun and motivating way to stay fit. Whether it is dance workouts, aerobics or spin classes, exercising with others creates a sense of community and encourages consistency. These group classes also provide structured and professional guidance, ensuring participants perform these exercises correctly and safely. Additionally, the social aspect of group workouts can help boost motivation and make exercising more enjoyable.

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E. Outdoor Activities

Outdoor activities such as hiking, cycling and team sports are great for improving both physical fitness and mental well-being. Spending time in nature has been shown to reduce stress, enhance mood and improve concentration. Exercising outdoors also provides fresh air and exposes us to natural sunlight, which is essential for vitamin D production and overall health. These activities are perfect for people who enjoy staying active while connecting with the environment.



F. Low-Impact Exercises

Low-impact exercises including walking, swimming and *tai chi* are excellent for people of all ages and fitness levels. These activities are especially beneficial for individuals recovering from injuries or dealing with joint problems. Besides that, they also do not strain the body while still remaining active. Low-impact exercises also improve blood circulation and flexibility without low risk of overexertion or injury.



Questions 33 to 36

Using the information given, which text (**A to F**) *describes the following views on staying healthy through exercise? For each question, mark your answer on the answer sheet.*

	Statements	Paragraph
33	I enjoy physical activities that allow me to appreciate natural surroundings while improving my fitness.	_____
34	I prefer activities that not only improve flexibility but also contribute to relaxation.	_____
35	I find it easier to stay motivated when working out in a structured group setting with others.	_____
36	I prioritise exercises that enhance muscle endurance and prevent long-term bone deterioration.	_____

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