Read the text and choose the correct word for each space. For each question circle A, B, C or D.

EXERCISING TO MUSIC



All sorts of sportspeople say that there are great benefits to be gained from exercising to music. It is an opinion which is shared by sports scientists at London University who have been studying the **(1)** _____ of music on exercise performance. They have now **(2)** _____ that listening to motivating tunes can help people to get fit quicker. They discovered that the right tunes not only inspire people to start exercising in the first **(3)** _____, but also enable them to **(4)** _____ out for longer. Music can calm someone down after a stressful day, so that they are more in the **(5)** _____ to exercise. But also, **(6)** _____ on the rhythm of music helps people to **(7)** _____ going when they are getting tired.

The researchers attended gyms in various countries to **(8)** _____ the reactions of different age groups to different types of music. Interestingly, they found that it is the music that people **(9)** _____ with their youth that inspires them most. The researchers also visited international athletics' meetings, and found that music can also help **(10)** _____ athletes to perform to a higher **(11)** _____. Before and during a competition, it can **(12)** _____ vital changes to their mental state, which can **(13)** _____ the difference between winning and losing.

The British fitness industry is **(14)** _____ the findings seriously. Several leisure companies have **(15)** _____ surveys to ask members about their musical preferences.

1.	A) effects	B) force	C) significance	D) results
2.	A) checked	B) relied	C) defined	D) proved
3.	A) step	B) case	C) place	D) instance
4.	A) wear	B) make	C) work	D) draw
5.	A) humour	B) mind	C) state	D) mood
6.	A) thinking	B) concentrating	C) visualising	D) reflecting
7.	A) keep	B) stay	C) hold	D) continue
8.	A) regard	B) follow	C) observe	D) remark
9.	A) associate	B) combine	C) accompany	D) join
10.	A) head	B) top	C) chief	D) upper
11.	A) average	B) standard	C) measure	D) amount
12.	A) turn on	B) set up	C) bring about	D) let in
13.	A) mean	B) represent	C) allow	D) cause
14.	A) seeing	B) taking	C) doing	D) acting
15.	A) drawn up	B) written up	C) handed in	D) filled in

Source: *Fast Track to FCE Tests*

LIVEWORKSHEETS