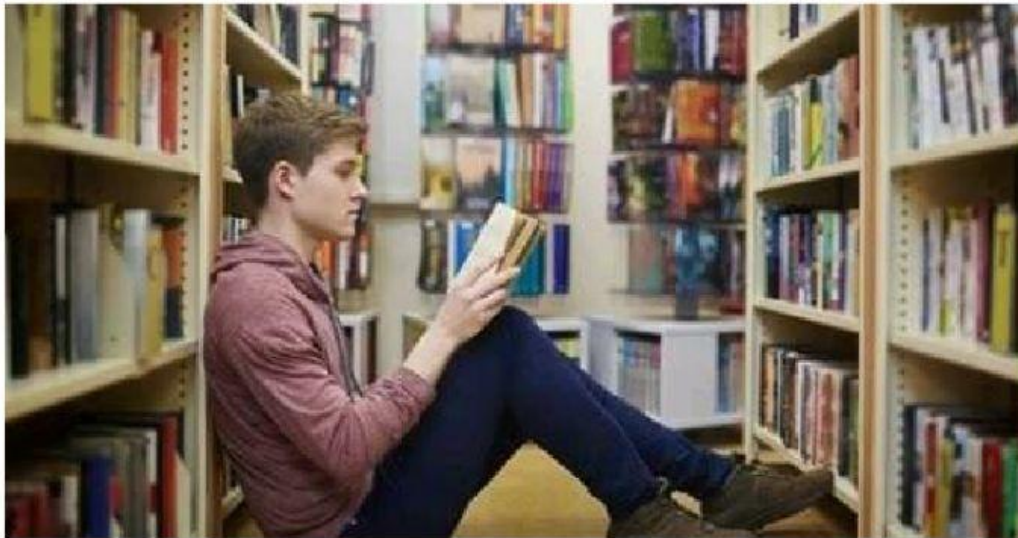


# LISTENING: THE BENEFIT OF READING



Listen to the story and fill in the gaps.

People \_\_\_\_\_ read \_\_\_\_\_ longer. \_\_\_\_\_ minutes a day \_\_\_\_\_ good. Reading \_\_\_\_\_ our mind busy. It lowers \_\_\_\_\_ stress. Books \_\_\_\_\_ better than newspapers and magazines. Researchers looked at the lifestyles and reading habits of 3,500 \_\_\_\_\_ and \_\_\_\_\_ for 12 years. Everyone was over 50 \_\_\_\_\_ old at the start of the research.

People \_\_\_\_\_ read for up to 3.5 hours a week are \_\_\_\_\_ percent less likely to die than people who \_\_\_\_\_ read. Older people \_\_\_\_\_ longer when they read. A researcher said it didn't matter if you were male or female, healthy, rich or went to a \_\_\_\_\_ school. People over 65 \_\_\_\_\_ old \_\_\_\_\_ too much TV. \_\_\_\_\_ should read more.