

3 Answer these questions in NO MORE THAN THREE WORDS.

- 1 What do you think is the best way to lose weight?
- 2 How do you feel about football?
- 3 What do you enjoy doing in your free time?
- 4 Why is exercise important?

4 Read this list and cross out two activities that would not help you to answer the questions below.

- reading the questions slowly before reading the text
- underlining the key words in the questions
- reading the text before reading the questions
- underlining the key words in the text
- scanning (moving your eyes down over the text to find information you are looking for, without reading the text word for word)

- 1 Why do some people accept pain as a part of life?
- 2 What did Blaxter want to find out about?
- 3 What does the text say about how older people define health?

5 Underline the key words in questions 1–3 above.**6** Now scan the text below and answer questions 1–3, using NO MORE THAN THREE WORDS for each answer.

1
2

3

Illness is defined in a variety of ways, which depend on a number of factors. One of these factors is age differences. Older people tend to accept as 'normal' a range of pains and physical limitations which younger people would define as symptoms of some illness or disability. As we age, we gradually redefine health and accept greater levels of physical discomfort. In Blaxter's (1990) national survey of health definitions, she found that young people tend to define health in terms of physical fitness, but gradually, as people age, health comes to be defined more in terms of being able to cope with everyday tasks. She found examples of older people with really serious arthritis, who nevertheless defined themselves as healthy, as they were still able to carry out a limited range of routine activities.

Glossary

arthritis: a medical condition in which the joints (such as the knee or fingers) in someone's body are painful