Listen to the audio as many times as you need to, and then fill in the blanks.

A study was _____ out by researchers from Yale University in the USA. The researchers said reading keeps the mind _____, helps _____ stress and makes us take better _____ of our _____. The researchers said that books help the _____ more than _____ and _____, but any kind of reading will help us to live _____. Even reading for _____ an hour a day could help us to live longer. In the study, researchers looked at the _____ of 3,500 men and women over a 12-year _____. They looked at their reading _____, health, lifestyle and their _____. All of the people were at _____ 50 years old at the _____ of the research.

The study is in the _____ 'Social Science and Medicine'. It found that people who read for _____ _____ 3.5 hours a _____ were 17 percent less likely to die _____ the study's 12-year research period than _____ who read no books. Those who read for _____ than 3.5 hours a week were 23 percent less likely to die. Researcher Becca Levy said: "_____ individuals, _____ of _____, health, _____ or education, showed the survival _____ of reading books." She suggested people _____ watching TV for reading to live longer. She said: "_____ over the age of 65 spend an average of 4.4 hours per day watching _____. Efforts to redirect _____ time into reading books could prove to be _____."

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