Matura bez problemu – zadania tekstowe 12

Przeczytaj tekst, z którego usunięto zdania. Wybierz takie, które w najbardziej logiczny sposób uzupełnia kontekst artykułu.

Many people associate doing physical exercise with a painful torturing of the body. **(1)**

a) *Physical exercise may not give as required an effect as other forms of active relaxation.*
b) *There's usually something we come up with that is of bigger importance than putting one's muscles through their paces.*

Unless we are forced to go in for a physical training, we are inclined to treat it as something of a lower priority than staying in front of the TV set, spending time in a pub sipping alcoholic beverages or consuming excessive quantities of fattening confectionery in a cafe. **(2)**

a) *And experts are terrified with the fact that consumption of unhealthy and high-calorie snacks has been increasing.*
b) *We need to be considerably motivated to take up a body workout and build our physical fitness.*

What usually repels individuals from committing themselves to strenuous exercise is the fear of fatigue, discomfort or even the inhibitions of being outdone by true fitness zealots. However, getting fit is fully a matter of common sense. **(3)**

a) *Different forms of exercise may be of great benefit to the human body increasing its strength, flexibility and endurance.*
b) *In most cases preferences result from the patterns of behaviour that were established during childhood years.*

When supported by a nutritious diet, much better performance of the heart and the lungs improves the blood circulation. **(4)**

a) *Dysfunctions of the cardiovascular system among professional sportsmen are not as rare as one may think, though.*
b) *This, in turn, makes an individual more resistant to stressful situations as well as more immune to infections and diseases.*

In the first place, self-discipline that is requisite for proceeding with such physical effort ought to be attained to ensure that the intention of becoming healthier and more vigorous isn't suppressed by any trivial obstacles. **(5)**

a) *And not for one moment ought one to forget that desired and satisfying effects will only come in time.*
b) *Ultimately, dissatisfaction with one's figure or physical condition is known to account for depression and low self-esteem.*

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