The Centennial Trail

What's the longest nature trail you ever _____ on?

The Centennial Trail in eastern Washington state is a _____ trail that runs for 3700 _____ along the Spokane River - from Nine Mile Falls to the Idaho state line. Nine Mile Falls is also the site of Riverside State Park, where visitors can camp and explore on foot or horseback the many historic sites and natural features of the area and even observe _____ in their natural habitat.

If you head upriver along the Centennial Trail, it _____ very hilly. No motorized vehicles are allowed on the trail, so be ready to walk, run or bike hard. The trail then _____ through the city of Spokane and continues through Riverfront Park, which has additional attractions such as the Gondola, a chair-lift that takes passengers on a round trip to the bottom of the Spokane Falls and into the heart of downtown Spokane. The trail _____ as one of the most famous sites of the USA.

BE

PAVE

FOOT

OX

GET

PASS

CONSIDER

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Future of Music

Music has always been a (25) _____ of the times in which it was created. In the digital age, the way we consume and create music has changed (26) _____ . The advent of digital recording technology has made it easier for musicians to create and produce their own music, resulting in a proliferation of (27) _____ artists. The rise of music streaming services has also revolutionized the music industry, allowing consumers to access an (28) _____ variety of music with the click of a button. The rise of social media has also (29) _____ musicians to connect with fans in ways never before possible. With the continued evolution of technology, the future of music promises to be even more exciting and transformative, shaping the way we experience and enjoy music for years to come.

REFLECT

DRAMA

DEPEND

PRECEDENT

ABLE

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Doing Sports

Sports have always been an (30) _____ part of human life. It is a common notion that a healthy mind (31) _____ in a healthy body, and regular physical activity plays a vital role in maintaining overall well-being. The importance of sports is (32) _____ , and it has many benefits that go (33) _____ physical fitness.

Firstly, doing sports can improve one's mental health. Engaging in physical activity can reduce stress, anxiety, and depression by releasing endorphins, also known as "feel-good" hormones. Moreover, sports provide a sense of accomplishment, boosting self-esteem and (34) _____ . It can also improve cognitive function, including memory and concentration.

Sports can help build social connections. It provides opportunities to meet new people, form friendships, and work together as a team, creating a sense of belonging and camaraderie. It can also teach valuable life skills such as leadership, communication, and teamwork, which can be applied in various areas of life.

In conclusion, the importance of doing sports cannot be (35) _____ . It is an effective way to improve mental and physical health, build social connections, and prevent chronic diseases. So, let's make it a habit to incorporate sports and physical activity (36) _____ our daily routine for a happier, healthier life.

30	1) additional	2) incidental	3) essential	4) surplus
Ответ:				
31	1) resides	2) consists	3) dwells	4) occupies
Ответ:				
32	1) undeniable	2) questionable	3) arguable	4) doubtful
Ответ:				
33	1) on	2) beyond	3) away	4) off
Ответ:				
34	1) insecurity	2) confidence	3) fragility	4) anxiety
Ответ:				
35	1) told down	2) shrunk	3) decreased	4) overstated
Ответ:				
36	1) in	2) at	3) into	4) over
Ответ:				

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