**Fill in the blanks 11**

#35 FIB-L

In years past, doctors were afraid to let heart ..... exercise. When my father had a heart attack in 1968, he was kept ..... for six weeks. Now, heart attack patients are in bed barely half a day before they are up and moving, Dr. Moffat said. The core of cardiac rehab is a ..... exercise program to increase the ability of the heart to pump oxygen- and nutrient-rich blood more effectively throughout the body. The outcome is better ....., greater ability to enjoy life and decreased mortality. The same goes for patients with congestive heart ..... "Heart failure patients as old as 91 can increase their ..... consumption significantly," Dr. Moffat said. Aerobic exercise lowers blood pressure in people with hypertension, and it improves peripheral ..... in people who develop cramping leg pains when they walk — a condition called intermittent claudication. The treatment for it, in fact, is to walk a little farther each day. In people who have had transient ischemic....., or ministrokes, "gradually increasing exercise improves blood flow to the brain and may diminish the risk of a full-blown stroke," Dr. Moffat said. And ..... and strength exercises have been shown to improve endurance, walking speed and the ability to perform tasks of daily living up to six years after a stroke. As Randi knows, ..... exercise cuts the risk of developing diabetes. And for those with ....., exercise improves glucose tolerance — less medication is needed to control blood sugar — and reduces the ..... of life-threatening complications.

#36 Randi

Randi considers the YMCA her lifeline, especially the pool. Randi weighs more than 300 pounds and has borderline diabetes, but she controls her blood sugar and keeps her bright ..... on life by swimming every day for about 45 minutes. Randi overcame any ..... .about her weight for the sake of her health, and those who swim with her and share the open locker room are proud of her. If only the millions of others beset with ..... health problems recognized the inestimable value to their physical and emotional well-being of regular ..... exercise. "The single thing that comes close to a magic bullet, in

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terms of its strong and universal benefits, is exercise," Frank Hu, epidemiologist at the Harvard School of Public Health, said in the Harvard Magazine. I have written often about the ..... roles of exercise. It can lower the risk of heart attack, stroke, hypertension, diabetes, obesity, depression, dementia, osteoporosis, gallstones, diverticulitis, falls, erectile dysfunction, peripheral vascular disease and 12 kinds of cancer. But what if you already have one of these conditions? Or an ..... like rheumatoid arthritis, multiple sclerosis, Parkinson's disease, congestive heart failure or osteoarthritis? How can you exercise if you're always tired or in ..... or have trouble breathing? Can exercise really help? You bet it can. Marilyn Moffat, a professor of physical therapy at New York University and co-author with Carole B. Lewis of "Age-Defying Fitness", conducts ..... for physical therapists around the country and abroad, ..... how people with chronic health problems can improve their health and ..... of life by learning how to exercise safely.

#37 FIB-L

The proportion of greenhouse gases has increased significantly since the Industrial Revolution. Humans began burning fossil fuels, particularly ....., in a big way, to drive steam engines for industry, and generate electricity. In addition to escalating coal use after the Industrial Revolution, there came the ..... use of another fossil fuel, petroleum for transport. At the beginning of the 20th century, annual global oil output was about 150 million barrels of oil; now, that amount is ..... globally in just two days. Fossil fuels are classed as non-renewable sources of energy, formed from ..... plants and animals over hundreds of millions of years. Burning fossil fuels..... billions of tons of carbon dioxide that has been locked away in the Earth for millions of years. Humans are ..... billions of tons of carbon dioxide to the atmosphere each year. And guess what? Carbon dioxide is a greenhouse gas. The ..... at which the planet is warming is possibly the biggest challenge to ever face humanity. The ..... are likely to be devastating, we need to act ....., and act now. A single web page cannot fully answer the question of what global warming is. Following the links on this page will allow you to see how

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complex and serious the ..... of global warming is. So, what is global warming? It is a disaster of our own making.

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