Listening comprehension 1
Intense Exercise Program Not Just for Athletes
https://www.youtube.com/watch?v=INwtsoxXTws

1.Fill in the blanks:

a) "(...) these individuals have an identity, that 'I am a fit, _____ person'... "

b) " We take a comprehensive approach or we try to in these studies, we're directly measuring Michael's _____ uptake during an _____ test..."

c) " The exercise routine helped Van Ziffle lower his _____ pressure, increase his

_____ and lose weight."

d) He had one fear" I do not want to have _____."

e) " (....) we take blood samples, we're gonna measure his glucose and _____ levels, levels of lipids in his blood."

f) " The researchers say their study shows HIIT is not just for _____."

2. Tick the correct answer:

The overall fitness of Mike Van Ziffle improved between :

□ 10 and 15% □ 5 and 15% □ 5 and 10%

3. Tick the elements which are NOT mentioned in the document:

□ glucose □ lipids □ proteins □ calories

4. What does HIIT mean? _____

5. Say if these statements are "TRUE" or "FALSE" according to the document:

a) The HIIT exercise program doesn't help people with chronic disease: □ true □ false

b) Participants to the study stopped exercising at the end of the study: □ true □ false

6. Which of the following subjects are mentioned in the document? Tick the correct answer(s):

□ exercise routine to prevent diabetes

□ workout strategy popular with athletes

□ exercise routine to prevent osteoarthritis

□ workout strategy popular with children

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