

Listening comprehension 2
Exercise New Prescription for Parkinsons disease
<https://www.youtube.com/watch?v=ol-LPrXj4A4>

1. What is the job of Heather Ene?

2. Tick the correct answer:

Gary Sobel suffered movement disorder due to Parkinsons disease:

☐ 10 years ago

☐ 7 years ago

☐ 4 years ago

3. Complete the following sentences:

a) « Sobel credits his improvement to starting a small dose of Parkinsons _____ and a large dose of exercise. »

b) « This _____ neurologic condition can make it so hard to move many Parkinsons patients avoid exercise. »

c) « When exercise helped him move more easily, Sobel decided strengthening _____ and building _____ might also work for others, and it did. »

4. Tick the correct answer:

Gary Sobel says Parkinsons is a:

☐ dangerous disease

☐ degenerate disease

☐ degenerative disease

5. Tick the things that were NOT a problem for Gary Sobel before he started exercising:

☐ driving

☐ reading

☐ getting out of bed

☐ walking

☐ cooking

6. Circle the correct answer

"(...)Sobel has trained over **100 / 1000** instructors throughout the Unites States to use his methods".

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

a) Exercising doesn't help slowing the disease progression:

☐ true ☐ false

b) Exercising helps slowing the transition to disability:

☐ true ☐ false

c) Parkinsons patients who exercise don't have to take Parkinsons medication:

☐ true ☐ false

d) When Gary Sobel was diagnosed doctors encouraged him to exercise:

☐ true ☐ false