e What have you insisted on?

.....

.....

f What have you avoided?

.....

.....

Skills focus: Reading

1 Skim the article. Tick the best title.

- The old stay young in China ☐
- Keeping fit the Chinese way ☐
- Chinese parks ☐

Text 1.1

[1] For a long time, China has encouraged older people to stay healthy by keeping active. Scientists at the University of Illinois have found that ancient Chinese exercises such as *tai chi* are good for older generations. Researchers say that such exercises **combine** simple movements and meditation into a series of exercises believed to have positive, relaxing effects on a person's mind, body and **spirit**. If you are unfamiliar with the idea, these exercises are **relatively** simple, but also safe. Moreover, they require no special equipment or clothing that might be expensive and limit participation.

[2] Morning exercises (or 'dances') begin as early as 5.30 a.m. and **tend to** take place in parks and open spaces near markets. This means that those taking part can buy fresh vegetables and other food when the markets open for business. The evening groups start exercises after dinner. Outdoor exercise is extremely popular throughout the day. Because of the **ease** of taking part and the low cost, there are now an **estimated** 100 million 'dancers' in China.

[3] Dancers organise themselves into rows. The front row is made up of the most experienced dancers, with the very best of them in the centre of the row. Each of the rows behind contains progressively less able dancers. All the dancers face forward, which allows them to learn from those in the rows ahead. The back row is often made up of beginners – dancers who are just learning the movements. There is a discipline about the way in which the dancers arrange themselves, with everyone determined to one day arrive at the middle of the front row and perform with the same skill as the best dancers.

[4] In many parks across China, brightly coloured, **manual** exercise machines are provided as an alternative pastime to dance. Each machine is designed to give a workout for a specific part of the body. Compared to private gyms, which can be expensive to join, China's public fitness equipment allows people to take part in physical activity that everyone can use. Furthermore, these areas generally do not have basketball courts or other outdoor sports areas aimed at the younger generation, so older people feel comfortable here.

[5] While keeping fit is important, taking part in outdoor physical activity also gives older people the opportunity to socialise safely with others in their age range and to enjoy the beauty of open spaces within cities. China is an enormous country with **stunning** natural scenery, including forests, parks, mountain ranges and lakes, but many citizens live too far away to enjoy these features regularly, so it is appealing for them to find beauty in their home city.

2 Match the words in bold in Text 1.1 with definitions a–h. Write the word next to the correct definition.

a approximate .....

b attitude or mood .....

c bring together .....

d fairly, quite .....

e usually do something .....

f magnificent, beautiful .....

g lack of difficulty .....

h controlled by hand .....

3 Which words or phrases are used to describe the following things in the article?

a equipment and clothing .....

b outdoor exercise .....

c exercise machines .....

d basketball courts and other outdoor sports areas .....

LIVEWORKSHEETS