

SUMMARIZING B. Complete the summary below using words from the box. One word is extra.

control depression distracts make motivate range tired

One reason listening to music helps us exercise is that it ¹_____ us.

When we listen to a song we enjoy, our mind pays attention to the music, so we don't feel ²_____. Another reason music helps us exercise is that it can ³_____ us to keep exercising.

A recent study shows that people exercise better when they use special machines that allow them to ⁴_____ music while exercising with other people. They felt this gave them more ⁵_____. Also, it made exercising a fun, social activity. In the future, these machines could even be used to help people who suffer from ⁶_____.