MATCHING **A. The sentences below (1–3) relate to Reading A. Match each sentence with the type of supporting detail it contains (a, b, or c).**

a. example b. fact c. reason

____ **1.** Dr. Tom Fritz works at the Max Planck Institute for Human Cognitive and Brain Sciences.

____ **2.** Jymmin exercise may help even serious conditions such as depression.

____ **3.** Music helps us exercise because it distracts us.

SUPPORTING DETAILS **B. Read this paragraph and underline the main idea. Then use supporting details in the paragraph to answer the questions (1–3).**



In 2015, Adele's *25* broke the iTunes record for fastest-selling album.

Generally, songs with 120–140 beats per minute (BPM) are the best for exercising. This is because most people want to get their heart rate up to this level during a workout. Songs in this range include Lady Gaga's "The Edge of Glory" (128 BPM) and "Push It" (130 BPM) by Salt-N-Pepa. Listening to songs like these can increase your endurance[1] by up to 15 percent. A slower song like Adele's "Make You Feel My Love" (72 BPM) is more likely to make you want to relax, or even take a nap.

1 **Endurance** is the ability to keep doing something difficult, unpleasant, or painful for a long time.

1. Why are songs in the 120–140 BPM range good for exercising?

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2. Who sang the song "The Edge of Glory"?

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3. What is an example of a song that is not suitable for exercising?

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LIVEWORKSHEETS