

Reading Part 6

You will read an article about the benefits of getting fit. Six sentences have been removed from the article. Choose from the sentences which one fits each gap. One of them is extra.

Benefits Of Getting Fit

Exercise is essential for your overall well-being, and you should do it for plenty of reasons. **(1)** _____. Especially when all around you seems more and more unbalanced, and the world becomes ever fast and furious. **(2)** _____. It can improve muscle tone and strength along with promoting good posture. Other benefits include helping to prevent those muscle imbalances. **(3)** _____. It can also improve the condition of the heart and lungs and blood circulation. Probably all these reasons might make you consider taking it up.

However, did you know that exercise helps to ease depression and tiredness and that it helps to regulate sleep patterns? **(4)** _____. If not, common sense alone should tell you that exercise is good for you. You can do plenty of types of exercise - aerobics, jogging, working out with free weights, and working on weight machines. **(5)** _____. The reason for this is that it improves flexibility and helps you to maintain correct posture, and to prevent muscle strains and injuries caused by overuse. **(6)** _____.

So, stretching should play an important part in your exercise routine and should be performed slowly and precisely. Therefore, the best exercise involves good warm-ups and stretching exercises, an energetic workout, and a cool-down period.

- A. This is important as it can lead to injuries.
- B. It is one of the best ways to maintain a perfect balance.
- C. There are numerous benefits exercise can have on you.
- D. By now, you should have been influenced a little by these arguments.
- E. In addition, they are more likely to live a long, healthy life.
- F. You should include stretching in your exercise.
- G. If done regularly, it will guarantee a more flexible, fitter body.

Listening Part 4

You'll hear a podcast with Doctor Cooper about staying healthy. For questions 24 to 30, choose the best answer: A, B, or C.

1. According to Dr. Cooper, how does life today differ from the past?

- A. people rarely visit the doctor.
- B. people have more money.
- C. people are healthier.

2. Dr. Cooper advises people to:

- A. Cook food without fat
- B. Check their blood pressure
- C. Learn about heart disease

3. What does Dr Cooper say could help fat teenagers?

- A. They should eat regularly and often.
- B. They should learn more about food.
- C. They should count their calories.

4. According to Dr Cooper, nowadays children:

- A. eat too many potatoes
- B. enjoy playing outside
- C. are usually inactive

5. What does Dr Cooper feel children today are like?

- A. independent
- B. capable
- C. spoilt

6. What should people do if they suffer from stress or depression?

- A. improve the way they live
- B. take pills prescribed by the doctor
- C. buy fewer expensive possessions

7. What does Dr Cooper believe?

- A. Changing your lifestyle is worth the extra money.
- B. It is not difficult to adopt a better lifestyle.
- C. People should visit their doctor less often.