

Part 4

Questions 27 to 32 are based on an article about *Workout for a Healthy Life*.

Six (6) sentences have been removed from the article. Choose from the sentences **A to H** the one which fits each gap (27 to 32). There are two extra sentences which you do not need to use.

Mark your answer on the answer sheet.

Workout for a Healthy Life

In today's fast-paced world, prioritising our fitness has never been more crucial. Regular workouts are the foundation of a healthy lifestyle. Whether you are aiming to reduce a few pounds or improve your overall well-being, incorporating workouts into your routine can make a significant positive impact.

Doing exercise regularly is crucial for preserving a healthy body weight, developing muscle strength, and improving cardiovascular health. 27 Leaner and stronger muscles can be obtained by a balanced fitness routine that combines both types of workouts.

Workouts influence our mental health as the physical activities trigger the release of endorphins which are referred to as the 'feel-good' hormones. This helps to reduce the negative effects of stress and control symptoms of depression. 28 A pleasant break from the strains of a busy existence can be found in the mental clarity achieved both during and after an exercise.

Contrary to popular belief, exercising makes you feel more energetic. Doing exercise consistently improves blood circulation, which helps your cells receive oxygen and nutrients more effectively. 29 This will make you be more alert and energised throughout the day.

If you have sleep problems, putting workouts into your routine might be the solution. Doing physical activity during the day can help regulate your sleep patterns, making it easier to fall asleep and experience a deeper sleep. 30 However, it is important to avoid intense workouts close to bedtime, as they may have the opposite effect.

Workouts can provide opportunities for social connection. Participating in group fitness classes, team sports, even casual jogging clubs can foster a sense of community. 31 Start with manageable goals and gradually increase the intensity thus your fitness level will improve.

A workout is an all-inclusive package. 32 You will also be able to fight some diseases like hypertension and diabetes. While exercising, the body releases endorphins that restore peace and pleasure. Being happy helps you live longer and leads to greater happiness.

In conclusion, workouts offer a holistic approach to health and well-being. By engaging in regular physical activity, you can achieve a balanced and fulfilling lifestyle. Your body and mind will thank you for it.

- A It helps to tone muscles and increase bone density while physical exercise enhances heart and lung health.
- B It enables you to live almost a stress-free life, full of energy with improved self-esteem.
- C It allows you to have a good resting time that leads to a better mood and a more productive day.
- D As your fitness level increases, the body will develop muscles that will make you physically fit.
- E Your strength will consequently increase, and you will experience less fatigue.
- F Interactions during workouts offer emotional support, motivation, and the chance to make new friends who share your health goals.
- G Your body will be stronger, and you will be able to do more work.
- H Engaging in a workout routine can help you manage daily stressors and improve your self-esteem to connect with society.