NAME		CLASS	4SV2

A. Read the guidelines in the magazine below and answer questions 1 to 10.

Benefits of Exercise

1. KEEP AWAY FROM MUSCLE LOSS

In 2010, a Japanese study on exercise among older people found that walking 7000 to 8000 steps a day helped to preserve muscle mass in a group of 175 people aged 65 to 84.

2. YOU SLEEP BETTER

A 16-week programme of walking, cycling or treadmill training for 40 minutes four times a week, together with tips on sleep hygiene, in Chicago helped break the sleepless cycle of people above 55, who were suffering from chronic insomnia

3. YOUR CONFIDENCE IS BOOSTED

Exercise makes you feel better about yourself. This motivates you to carry on, according to a research on older people carried out at Stanford University, California.

4. YOUR BONES ARE STRONGER

When Finnish researchers put 149 women aged 70 to 78 through an all-round exercise programme, combining balance, agility, jumping and weight work, they found their bones became stronger, protecting them against osteoporosis.

5. YOU ARE CALMER

In 2011, Canadian scientists found a chemical link between exercise and mood. In a study of men aged 57 to 70, an hour on the treadmill made them more relaxed.

6. YOU LIVE LONGER

An active lifestyle after the age of 50 can add four and a half years to your life, according to the Framingham Heart Study, which has been following the health of 5209 residents of Framingham, Massachusetts, since 1948.

7. YOU KEEP YOUR BRAIN SHARP

Many researchers say that being physically active can help preserve mental function. Just half an hour's brisk walking daily could slow mental decay by five to seven years. It also slows down the onset of Alzheimer's disease.

LIVEWORKSHEETS

B. Answer the questions below. Choose **no more than five words and/ or a number** from the conversations for each answer.

1. Canadian scientist found a chemical link _____ in their study.
2. Who are the main targeted in the poster?
   _____
3. The elderly live longer if they _____.
4. What disease is slowed down through physical activity like brisk walking?
   _____.
5. According to Japanese study among 175 people, exercise can
   _____.
6. After undergoing an all-rounder exercise programme, 149 women in Finland found
   _____.
7. A research conducted in Chicago showed that brisk walking, cycling or treadmill training for about 40 minutes four times a week helped _____.
8. A research carried out at Stanford University reveals that regular exercise keeps older people
   _____.

Complete the table below with **a word** from the conversation.

Meaning	Word
9. The beginning of something unpleasant	
10. Difficult to cure	

VOCAB BOOSTER

Pick up – learn
Antisocial – don't want to spend time with others
Browsing – looking at information
Addicted – cannot stop doing something

LIVEWORKSHEETS