1. Read the article and choose the correct word.

BODY AND MIND

Everybody knows that exercise is good for you. But what about exercise for the mind – how can that help you? *Teenage Mag* spoke to Dr Bathurst, a yoga teacher, about the benefits of yoga.

TM: Many people think that yoga is a slow, boring activity. Tell us why it isn't.

DR B: Well, yoga is about body and mind. Your mind and your body are working together, and it can be quite fast too. You can't always see that though. You stretch your body – you know, make it longer – and you do the same with your mind. In yoga, you have to get your body into some difficult positions, for example, standing on one foot and moving your whole body forward. Your mind can help you do this. If you look at one place and just think about that, then it's easier. This is something you can learn to do. For young people who enjoy sport, yoga can help them think – you know, concentrate. In football, for example, people are always shouting at you and telling youwhat to do. If you can concentrate, then you have a better chance of scoring a goal. Yoga can help with concentration for your school studies too.

TM: And can it help if you're ill? If you break your arm, or if you get toothache?

DR B: Well, then you have to go to the doctor or the dentist, but if you know how to take it easy, you'll get better faster.

TM: And yoga can help you avoid some injuries, can't it?

DR B: Yes. That's perhaps more important with older people, but it's good to get used to stretching when you're younger. Before you exercise, you should always warm up. This is so that your body is warm and you can stretch more without hurting yourself.

TM: Thank you very much! Here at *Teenage Mag* we're all going to try out a yoga class.

1 Dr Bathurst is a *yoga instructor / dentist*.
2 Yoga is *not as slow as / slower than* people think, according to Dr Bathurst.
3 He says people who do yoga *learn how to concentrate / are good at sports*.
4 People who do yoga may *get well sooner / take longer to get well* than people who don't.
5 Yoga can help you because you *prepare your body / test your body* for activity.

2. Read the article and choose the correct answer, A, B, C or D

This month Angelina Horsefield writes about a rescue animal organisation in Australia: Wires

WIRES (Wildlife Information and Rescue Service) began in 1985 when someone found an injured bird in a park in Sydney, Australia. At the time, no one knew how to help this 'native' animal. WIRES helps animals like snakes, kangaroos and, of course, birds. However, they can only help native Australian wildlife – animals that originally come from Australia. That means they can't help other animals like cats or rabbits that were brought to Australia from other parts of the world. Like other animal rescue groups, WIRES needs more people. I believe they are definitely helping the local animals, but they can only continue if others join in. They hold excellent courses, where people can learn what to do when they find an injured animal. They also explain what happens to the animals in their care. Many of the people who help also take care of the animals themselves in their own gardens or on their farms. I spoke to 15-year-old Guy McKenzie, whose dad helps WIRES in his free time. Guy told me about the work they do. 'Dad usually gets a phone call at home and drives immediately to where the animal is, to rescue it. He has special equipment and always wears gloves. The animals are wild, after all!' Guy also talked about a woman who found a bat in her garden. She thought it might be dead, but then she noticed that there was a baby bat too. Guy's dad brought it back to the centre, where it grew into a healthy adult. Then, WIRES was able to return it to nature. Guy showed me a baby kangaroo that his dad was looking after and told me that one day he'll be doing the same thing. Yes, he will, for sure.

1 What is the writer doing in this article?

A complaining about a wildlife organisation

B describing what a wildlife organization does

C reporting an interview with an animal expert

D giving advice about how to look after pets

2 What does the writer say about WIRES?

A The courses they provide are rather disappointing.

B The visits they make to farms in the area are helpful.

C They should explain how they look after the animals.

D They are doing a very important job in Australia.

LIVEWORKSHEETS

3 What does Guy's dad do for the organisation?

A He tries to save animals that are hurt.

B He answers the phone at the WIRES office.

C He chooses someone to go and see the animal.

D He prepares the special clothes for WIRES helpers.

4 What happened to the baby bat?

A It was injured by other bats.

B It is now looked after by Guy at home.

C It lived and was put back into the wild.

D It is still living at the animal centre.

5 What would someone working for WIRES say?

A We can send someone out quickly to help your pet in your home or farm.

B If you see a snake, a bat or another wild animal in danger, call us immediately.

C We are a new organisation in Australia that looks after all kinds of animals.

D If you want to have a career with us, you must attend at least one of our courses.

3.Five sentences have been removed from the text. For each question, choose the correct answer (A–H). There are three extra sentences which you do not need to use.

If you think running a marathon is difficult enough, you'd be amazed at the brave athletes who complete the North Pole Marathon. Wearing extra-warm clothes, they have to deal with heavy snow and temperatures of –30 °C to complete the 49-kilometre race. Although marathons take place all over the world, this particular marathon is the only one that's entirely on 'water'.
(1)_____ That is the only time when the whole course becomes solid ice, giving the hopeful runners the best chance of finishing the race.
Since the annual event started in 2003, 480 people from around the world have successfully completed the race. Stefanie Pettersson from Brazil is one of the youngest people to achieve this. She was just 16 years and two weeks old on the day of the race. (2) ____ An experienced runner, Anders Pettersson encouraged Stefanie not to give up when she felt too cold or exhausted to continue. Another competitor who ran with Stefanie and Anders was Ted Jackson from the UK. He took up running when his father and brother developed health problems. (3) _____ To avoid that situation, he decided to get really fit.
How long does this marathon take? The men's record is 3 hours 36 minutes, and the women's is 4 hours 52 minutes. Runners have sometimes said they felt disappointed with their finishing times because they have run much faster in other marathons. But it's never possible to predict how well someone is going to do. (4) _____
Many of those who run the North Pole Marathon are trying to raise money for various charities. They collect money from friends and family by advertising what they plan to do. (5) _____ They are grateful for everything they receive because the entry fee alone is J16,000. This does, however, include all flights, accommodation and medical support.

A Neither of them actually expected to finish it.
B He was scared the same thing might happen to him.
C The difficult conditions meant he never felt relaxed.
D This could be on the internet or local TV.
E The darkness made them feel confused and stressed.
F For obvious reasons, it can only be attempted during winter.
G Weather conditions vary so much from year to year.
H Her dad was also one of the competitors.

LIVEWORKSHEETS