

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Exercising for just 10 minutes a week is linked to a longer life, according to a new study published in The British Journal of Sports Medicine.

Several recent studies have found that even low-intensity exercise, done for a short amount of time, can have a meaningful 26 on health. Still, the idea that exercising for just 10 minutes a week may be enough to increase your lifespan is novel. It's also somewhat 27, since the federal physical activity guidelines recommend getting at least 75 minutes of vigorous exercise or 150 minutes of 28 exercise each week.

The study was based on data from more than 88,000 U.S. adults who 29 in the National Health Interview Survey between 1997 and 2008.

Contrary to some research that has found an 30 limit to the amount of exercise that is healthy, the researchers found that there was 31 no limit to the longevity(长寿) benefits of exercise. Even the small group of people who got 10 times the amount of exercise recommended by the federal government had a 46% lower 32 of death than the least active group.

Still, observational studies like this one cannot prove cause and effect; they can only find 33. The researchers also were not able to 34 for certain lifestyle factors that could affect lifespan, including dietary habits and changes in physical activity over time. Despite these 35, the study's results are yet another indication of the power of physical activity, even in small amounts.

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| A) adjust | I) participated |
| B) alter | J) patterns |
| C) approximately | K) populated |
| D) controversial | L) risk |
| E) coordinates | M) seemingly |
| F) impact | N) type |
| G) limitations | O) upper |
| H) moderate | |