

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.

When people set out to improve their health, they usually take a familiar path: starting a healthy diet, getting better sleep, and doing regular exercise. Each of these behaviors is important, of course, but they all 26 on physical health—and a growing body of research suggests that social health is just as, if not more, important to 27 well-being.

One recent study published in the journal PLOS ONE, for example, found that the strength of a person's social circle was a better 28 of self-reported stress, happiness and well-being levels than fitness tracker data on physical activity, heart rate and sleep. That finding suggests that the " 29 self" represented by endless amounts of health data doesn't tell the whole 30 .

There's also a qualified self, which is who I am, what are my activities, my social network, and all of these aspects are not 31 in any of these measurements.

This idea is supported by plenty of 32 research. Studies have shown that social support—whether it comes from friends, family members or a spouse—is 33 associated with better mental and physical health. A rich social life, these studies suggest, can lower stress levels, improve mood, encourage positive health behaviors and discourage damaging ones, boost heart health and improve illness 34 rates.

Social isolation, meanwhile, is linked to higher rates of physical diseases and mental health conditions. It's a significant problem, 35 since loneliness is emerging as a widespread public health problem in many countries.

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| A) base | I) prompt |
| B) eagerly | J) puzzle |
| C) especially | K) quantified |
| D) focus | L) recovery |
| E) indicator | M) reflected |
| F) overall | N) story |
| G) preached | O) strongly |
| H) prior | |