

**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.

By now, it is generally accepted that regular exercise comes with an assortment of health benefits for people who maintain the habit over time. But is it 26 too late to start?

New research looked at people who increased their exercise levels after their 40s beyond levels they had when they were younger and those individuals showed declines in their risk of early 27 which were similar to those of people who exercised consistently throughout their lives. This was a 28 of 32% to 35% compared to people who did not exercise. Those who began exercising in middle age also saw reductions in their incidence of 29 diseases, such as heart disease and cancer, which were similar to the steady exercisers.

So why bother exercising consistently throughout your life? The authors of the study 30 that some might interpret the study's findings to mean that they can delay starting an exercise program but this would be a mistake. There are other benefits, both mental and physical, to staying consistently active that we should not 31. These real health benefits include better 32 functioning and lowered risk of gaining weight. The latter is 33 important given the global obesity epidemic. In addition, experts assert that starting younger is better because, if you make a habit of exercising when you are young, you are more likely to keep up those 34 later in life. It is ideal, then, for people to start exercising when they are children or 35, and it is good to maintain an active lifestyle at all times regardless of your age. However, this study does indicate that, if you have not been active, you can still benefit if you start becoming active in your 40s and 50s.

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| A) adolescents | I) maneuver     |
| B) arbitrarily | J) mortality    |
| C) chronic     | K) particularly |
| D) cognitive   | L) patterns     |
| E) concede     | M) refute       |
| F) disregard   | N) stereotype   |
| G) drop        | O) vocal        |
| H) ever        |                 |