

# Chapter 1 answers

#### Reading comprehension – The 8 biggest benefits of exercise for teenagers (page 7)

1. False:

Justification: if you walk that distance over six months, you'll lose 5 kilos

2. Trusc

Justification: the more muscle mass you have, the more calories you'll burn

3. True

Justification: such exercises also boost bone mass

4. False

Justification: other nutrients remove poisons from the skin - collagen plumps skin.

5. False

Justification: a slower heart rate after exercise also reduces muscle tension in your face

6. False

Justification: regular exercise enhances psychological well-being

7. True

Justification: regular exercise helps to boost the immune system

9. False

Justification: the better shape you're in, the faster you activate brain waves

9. a lack of time (accept similar wording)

10. you will soon see benefits (accept similar wording)

11. C

12. D

13. D

14. C

# Reading comprehension – The dangers of long-term stress (page 21)

- 1. B
- 2. B
- 3, C

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Mike Jess

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