

## No 11 Gap Fill

Put these words into the spaces in the paragraph below.

reduces  
chilly  
essential  
endurance  
workout  
jog  
maintain  
pump

Everybody knows that exercise is (1) \_\_\_\_\_ to keep us healthy. It lowers the risk of heart disease, and helps us to (2) \_\_\_\_\_ a healthy weight. It also (3) \_\_\_\_\_ stress and makes us happier. Doctors say that exercising in cold weather is even better for us. Going for a (4) \_\_\_\_\_ or even a swim when it's (5) \_\_\_\_\_ or freezing outside has extra benefits for our physical and mental health. The reason for this is that the cold gives our heart a more energetic (6) \_\_\_\_\_. Dr Angela Pepdjonovic, from the Hospital for Special Surgery in New York, explained why. She said: "Your heart has to work a little bit harder to (7) \_\_\_\_\_ blood around your body...in the cold. This can help to boost your (8) \_\_\_\_\_ over time."

Put these words into the spaces in the paragraph below.

light  
core  
fat  
burn  
equator  
suffer  
boost  
benefit

Dr Pepdjonovic said cold-weather workouts can help the body (9) \_\_\_\_\_ calories at a faster rate. She said: "As your body is required to work harder, to maintain its (10) \_\_\_\_\_ temperature, you actually increase your calorie burn by exercising in the cold." Physical activity in cold temperatures can (11) \_\_\_\_\_ our metabolism, which helps us lose weight. In the cold, our metabolism slows down, so we can preserve (12) \_\_\_\_\_ and keep warm. Another (13) \_\_\_\_\_ is that being in natural (14) \_\_\_\_\_ helps to reduce our stress. This is especially so for people who (15) \_\_\_\_\_ from Seasonal Affective Disorder (S.A.D.). This is a type of depression caused by the shorter, darker days of winter. It is more common in people who live far from the (16) \_\_\_\_\_.