

No 21 Gap Fill

Put these words into the spaces in the paragraph below.

later
conducted
benefit
joints
cyclists
X-rays
fit
average

Cycling is a great way to keep (1) _____ and healthy. It strengthens our heart, keeps our weight down, and is good for mental health. A little-known and (perhaps) surprising (2) _____ of getting on a bike is that it is good for our knees. A new study says (3) _____ are less likely to experience knee pain (4) _____ in life than people who do not ride bicycles. The study was (5) _____ by a research team from Baylor College of Medicine in the USA. Researchers surveyed 2,600 men and women, with an (6) _____ age of 64. The survey participants were asked about their levels of physical activity. They also had (7) _____ of their knees taken. This was to look for signs and levels of arthritis in their knee (8) _____.

Put these words into the spaces in the paragraph below.

surprised
cartilage
affects
benefit
lead
strategy
likely
prematurely

The (9) _____ researcher, Dr Grace Lo, said the results of the research were surprising. She said cyclists were 21 per cent less (10) _____ to have signs of osteoarthritis compared to those who did not have a history of cycling. She added: "I was (11) _____ to see how very strong the (12) _____ [of cycling] was." A lot of research shows that cyclists are around 20 per cent less likely to die (13) _____. Dr Lo said cycling, "is a great preventative (14) _____ for many things, including arthritis". Osteoarthritis is often called "wear-and-tear" arthritis. It's what happens when we use the (15) _____ in our joints a lot. The cartilage wears down and becomes painful. Arthritis most commonly (16) _____ the over-50s.