



MULTIPLE CHOICE CLOZE

Read the text and choose the correct option

Sport and exercise

One of the most _____ (1) activities that you can do in your free time is sport and exercise. If a person gets used to _____ (2) sport, they will feel far more active and also live a longer, more fulfilling life. There is a massive _____ (3) between the people who work out on a regular basis to _____ (4) who live a more lethargic lifestyle, especially as they _____ (5) 40. When they exercise, they will feel more motivated to _____ (6) up other kinds of activities as well as noticing an improvement in academic performance. One common misunderstanding about exercise is that aerobic exercise helps you to lose weight when, in reality, strength exercises are the key to burning fat as the _____ (7) of muscle mass is what actually burns fat, cardiovascular exercise simply burns calories that are later replaced the next time you eat. This is why many people who go jogging realize that they just get softer _____ (8) of losing weight. What this point is trying to say is that the mixture of a balanced diet and exercise is the key to getting in shape, not just going for a jog every now and then.

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|--------------------|------------------|-----------------|---------------|
| 1. a. effective | b. productive | c. constructive | d. essential |
| 2. a. making | b. participating | c. practicing | d. doing |
| 3. a. separation | b. change | c. alteration | d. difference |
| 4. a. this | b. that | c. these | d. those |
| 5. a. become | b. turn | c. have | d. be |
| 6. a. go | b. do | c. take | d. start |
| 7. a. constructing | b. building | c. making | d. producing |
| 8. a. instead | b. rather | c. except | d. replacing |

Sport and exercise

One of the most **productive** activities that you can do in your free time is sport and exercise. If a person gets used to **doing** sport, they will feel far more active and also live a longer, more fulfilling life. There is a massive **difference** between the people who work out on a regular basis to **those** who live a more lethargic lifestyle, especially as they **turn** 40. When they exercise, they will feel more motivated to **take** up other kinds of activities as well as noticing an improvement in academic performance. One common misunderstanding about exercise is that aerobic exercise helps you to lose weight when, in reality, strength exercises are the key to burning fat as the **building** of muscle mass is what actually burns fat, cardiovascular exercise simply burns calories that are later replaced the next time you eat. This is why many people who go jogging realize that they just get softer **instead** of losing weight. What this point is trying to say is that the mixture of a balanced diet and exercise is the key to getting in shape, not just going for a jog every now and then.