

## Exercise for Health

- A** In order to gain health benefits you are advised to do at least 30 minutes of moderate aerobic exercise, on most days (at least five days per week). Followings are the tips:

• **30 minutes per day** is probably the minimum to gain health benefits. However, you do not have to do this all at once. To make it easier to fit exercise into a busy schedule, you can do several short bursts of exercise. For example, three 10 minute sessions of exercise at different times in a day are thought to be equally as good. Try to increase the amount to 40-60 minutes per day if possible.

• **Moderate aerobic exercise** can get your heart pumping, make you warm and mildly sweaty, and quicken your breathing. It does not have to be intense. However, a study published in 2003 suggests that the more vigorous the exercise, the better for health - particularly for preventing heart disease.

• **On most days** you need to exercise on a regular basis because you cannot 'store up' the benefits of exercise.

- B** What else counts as aerobic exercise? Aerobic exercise is anything that makes your heart rate increase, and makes you at least mildly out of breath. Try brisk walking, cycling, swimming, jogging, dancing, badminton, basketball, jumping rope or soccer. Normal exercise can be part of your exercise routine. For example, fairly heavy household chores, DIY, or run around outside can quicken your breath and make you mildly sweaty. Instead of using a car or public transport, consider a brisk walk to work, or to the shops.

### C Heart disease and stroke

Exercise can help your heart muscle get stronger. In addition, it also reduces some 'risk factors' for heart disease and stroke. On average, the risk of developing heart disease such as angina or a heart attack is reduced by about an average of 33 % in people who exercise compared to those who do no exercise. You are also less likely to have a stroke. The average of blood pressure, cholesterol, and body weight are lower in people who regularly exercise compared with those who do not.

A common wrong belief is that exercise may be "bad for the heart". On the contrary, exercise is good for most people with heart disease. Regular exercise is usually advised for people who already have heart disease as it is an important way to help prevent the disease from getting worse.



Total marks : 12

Write the letter(A-C) for your selection next to the correct heading. (3 marks)

- Amount of Exercise You Should Take 1. \_\_\_\_\_
- Health Benefits of Exercise 2. \_\_\_\_\_
- Type of Aerobic Exercise 3. \_\_\_\_\_

Decide whether the statements are **True**, **False** or the information is **Not Given**. Put a tick in **ONE** box only for each statement. (4 marks)

- |  | True                     | False                    | Not Given                |
|--|--------------------------|--------------------------|--------------------------|
| 4. Health benefits can only be gained by a consecutive 30 minutes exercise every day.                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Exercise is "bad for heart"   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. You are less likely to fall and be injured if you exercise regularly.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. The benefits of exercise can be stored up.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. According to paragraph 3 ("Heart disease and stroke"), why should heart disease patient exercise regularly? (2 marks) | _____                    |                          |                          |

Choose the best answer and blacken **ONE** circle only.

- Another title for this article could be..... (1 mark)
 

A. Hazards of exercise	A	B	C	D
B. Exercise is cool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. The drudge exercise				
D. Information on heart attack				
- Give two tips in order to get the health benefits from exercising. (2 marks)

Answers

- A
- C
- B
- False
- False
- Not Given
- False
- This is because it is an important way to help prevent the disease from getting worse.
- B
- Firstly, we should have 30-minute exercise per day. Secondly, we should have moderate aerobic exercise.

### Profile



#### Mia Wong

區志教育實力英語天后、精於應試考卷作者、人氣專欄作家、大型考試講座主講者、擁有超過十年教學經驗，出版「學好英文，先掌握上英文」的教學理念多年，常與學生樂於交流，教學方法獨特，常能獲得學生稱道（包括《日本東京電視台》、《壹周刊全職母》）、區志編製、專業用心，為學生喜愛與信賴的英語導師。  
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## Teenage Smoking in Hong Kong

- [1] Hong Kong has the most stringent and anti-smoking laws in the world and powerful anti-smoking campaigns, and yet smoking among adolescents is on the rise.
- [2] According to a youth tobacco survey, in Hong Kong, 35% of schoolboys aged 17 or above are smokers, compared to 15% of schoolgirls of the same age. This roughly means one-fourth of the students in this age group smoke. Schoolgirls in particular have seen an upsurge in the past three years.
- [3] The survey also provided readers with some other startling results. While 80% of grown-ups quit smoking because of health reasons, more than 90% of teenagers being interviewed said that they had not thought about the health risks involved when they took the first puff. Many teenagers said that they did not realize their bodies could get so accustomed to the nicotine that it would be very difficult for them to quit once they had started smoking.
- [4] There are many reasons why teenagers smoke, according to Chick Siu, an experienced health worker. The most typical reason is peer pressure. Teenagers want to be accepted by their friends who smoke and they find it hard to resist doing what their friends want. Another reason is low self-esteem. Some teenagers smoke because they are unsure about themselves and they want to make an impression on others. They believe that smoking makes them look more grown-up and cool. Other reasons include curiosity and a lack of parental role models. Some smoke to figure out what it is like.
- [5] Dr. Sally Wong, a famous psychologist who is a leader in smoking research, attributes the alarming number of teenage smokers to tobacco companies. Dr. Wong deems that tobacco companies' creative marketing campaigns influence teenagers to smoke. She points out that tobacco companies give young people a wrong message about smoking through their marketing campaigns and sponsorships of sports events. She further pinpoints that there is a growing trend in the fashion industry to team up with tobacco companies to sell fashion to teenagers with advertisements that show glamorous models with cigarettes.



Decide whether the following statements are *true*, *false* or *not mentioned* in the text. Tick (✓) the appropriate Answer column. For *True* and *False* statement, please also give the paragraph number in the Paragraph Number column to indicate where the information can be found. The first one has been done for you as an example. (10 marks)

Statement	Answers			Paragraph Number
	True	False	Not Mentioned	
(a) The anti-smoking laws in Hong Kong are the strictest in the world.	✓			1
(1) The effectiveness of the anti-smoking laws is disappointing as there is a surge for juvenile smokers.				
(2) 50% of the schoolchildren are non-smokers.				
(3) The survey reveals that 20% of adults gave up smoking not owing to health reasons.				
(4) Peer pressure and low self-esteem are two equally common reasons for teenage smoking.				
(5) A psychologist points out the effect of tobacco companies' advertising strategies on teenage smoking.				

Answers

(1)	True	1	In paragraph 1, the writer mentions that "smoking among adolescents is on the rise." The noun "rise" carries similar meaning as "surge". The conjunction "yet" shows the writer's underlying criticism against the uselessness of anti-smoking laws.
(2)	Not Mentioned		In paragraph 2, the writer just mentions there are 35% and 15% of schoolboys and schoolgirls aged 17 who are smokers respectively. However, there is no information about other age groups in the question.
(3)	True	3	In paragraph 3, the writer mentions that 80% of grown-ups / adults have given up smoking because of health reasons. That means 20% of them have given up smoking NOT because of health reasons. All information matches.
(4)	Not Mentioned		In paragraph 4, the writer simply mentions the two reasons for teenage smoking. The readers do not know which one is more important or if they are equally important.
(5)	True	5	In paragraph 5, the writer mentions "tobacco companies' creative marketing campaigns influence teenagers to smoke." This shows the effect of tobacco companies' marketing strategies on teenage smoking.

### Profile



#### Mia Wong

英國教育資深英語文筆、報章雜誌參考考作者、人氣專欄作家、大型考試講座主講者、富有超過十年教學經驗。著有《掌握好英文·九華堂上英文》的教學理念多年來深受學生家長佳績、教學方法獨特。亦被傳媒爭相報導（包括《日本東京電視台》及《世界全通網》）、風靡曲藝、專業用心、為學生度身定造的英語導師。  
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## 6 Best Haunted Houses around the United States

### 1. Terror Behind the Walls at Eastern State Penitentiary (Philadelphia, Pennsylvania)

Built as a haunted house inside a state prison, this lost world of crumbling cellblocks and empty guard towers stands behind the Eastern State Penitentiary's massive 40-foot high walls. This is home to Terror Behind the Walls, ranked the "Number 1 Haunted House in the U.S." by AOL City Guide, and labeled "perfect for Halloween" by the *New York Post*.



### 2. Nightmare New England (Litchfield, New Hampshire)

New England's legendary Spookyworld joined Nightmare New England to forge one of the largest and most terrifying Halloween Scream Parks in the country. The scale and variety of this mega-park offers something to thrill even the boldest of Halloween fanatics. Nightmare New England and Spookyworld feature seven terrifying haunted attractions and a "Monster Midway" where hundreds of freakish characters freely roam the grounds and lurk around every corner.

### 3. Bennett's Curse (Baltimore, Maryland)

Bennett's Curse is the only medieval vampire knight themed haunted house worldwide. Original scenes, enthusiastic actors, and state-of-the-art special effects combine to create an unforgettable experience.

### 4. 13th Door (Denver, Colorado)

Once you check into the legendary Barrington Hotel, you become immersed in the events that took place on the night of the hotel's infamous October 1912 massacre. In order to check out, you must proceed through a series of 13 doors. Will you survive or become the hotel's next victim? Your hope lies in making it through the hotel's mysterious 13th Door.

### 5. Haunting On the Hill (Patterson, New York)

A local favorite, this emotional rollercoaster takes you through a hayride and haunted village of unique and never-seen-before scares. In its eighth year, the Haunting on the Hill offers a hayride, a general store, a schoolhouse and even a creepy hotel. Well known for its Bones of Jones attraction, actors strive to terrorize every visitor.

### 6. Terror on the Fox (Greenbay, Wisconsin)

With four attractions from an asylum to the pitch-dark void, the torment is pure torture. Terror on the Fox is sure to put you on the edge when you discover you are virtually trapped. This is the only haunt in the nation actually located at a real train station.

Below is a summary of the article. However, there are some missing words. Read the article and then fill in each blank with ONE word only which best completes the sentence, keeping the meaning of the original text. Note that the most suitable word may or may not appear in the article. You should also make sure that your answers are grammatically correct. The first one has been done for you as an example. (13 marks)

There are a (e.g.) of famous haunted houses in the United States.

(e.g.) number

Among them, the one in Philadelphia is (1) inside a state prison.

1. \_\_\_\_\_

The walls there are (2). Another one is in Litchfield, which offers

2. \_\_\_\_\_

something (3) to Halloween fanatics. In Nightmare New England

3. \_\_\_\_\_

and Spookyworld, the (4) are haunted attractions and horrifying

4. \_\_\_\_\_

characters. The next one is Bennett's Curse, which earns (5)

5. \_\_\_\_\_

recognition. Visitors can (6) unforgettable events in it. For visitors

6. \_\_\_\_\_

in Colorado, they can take part (7) events in the Barrington Hotel.

7. \_\_\_\_\_

What is on the hotel's 13<sup>th</sup> floor remains a (8). The chance of (9)

8. \_\_\_\_\_

is not guaranteed. Furthermore, the haunted house in New York

9. \_\_\_\_\_

gives visitors an (10) of a number of exciting events. Every visitor

10. \_\_\_\_\_

is going to be (11) by actors there. The last one is in Greenbay.

11. \_\_\_\_\_

Visitors find that they are (12) in a scene (13) at a train station.

12. \_\_\_\_\_

13. \_\_\_\_\_

Answers

1. built (p.p.) 【verb to be "建" 的過去式分詞built •】
2. massive (adj.) 【verb to be "大" 的形容詞massive •】
3. thrilling (adj.) 【verb to be "驚" 的形容詞thrilling •】
4. features (n.) 【動名詞feature及名詞動詞feature • 表示中間的驚駭名詞features •】
5. worldwide (adj.) 【形容詞worldwide修飾名詞recognition •】
6. experience (v.) 【動名詞can後接原形動詞experience •】
7. in (prep.) 【take part in動詞短語「參加」•】
8. mystery (n.) 【非限定冠詞a後接名詞mystery •】
9. survival (n.) 【介詞of後接名詞survival •】
10. offer (n.) 【非限定冠詞a後接名詞offer •】
11. terrorized (p.p.) 【verb to be後接過去分詞terrorized •】
12. trapped (p.p.) 【verb to be "困" 的過去式分詞trapped •】
13. located (p.p.) 【located為過去分詞，表示被動語態•】

## Profile



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英皇御用實力語法大師、個別課試考卷作者、人氣專欄作家、大型考試講座多年講者、擁有超過十年教學經驗。她著「學好英文」先掌握上英文」的教學理念多年來深受學生歡迎。教學方法獨特，著重傳授學習秘訣（包括《日本東京電視台》及《德國全語新聞》），風靡全球。專業用心，為學生最實用的英語培訓。

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