

Задание №R2_21

Прочитайте текст и заполните пропуски **A – F** частями предложений, обозначенными цифрами 1-7. Одна из частей в списке 1-7 лишняя. Занесите цифру, обозначающую соответствующую часть предложения, в таблицу.

Walking is not enough to keep fit

Walking may not be enough on its own to produce significant health benefits, research suggests. A team from Canada's University of Alberta compared a 10,000-step exercise programme with a more traditional fitness regime of moderate intensity. Researchers found improvements **A** _____ were significantly higher in the second group. They told an American College of Sports Medicine meeting that gentle exercise was **B** _____. In total 128 people took **C** _____. The researchers assessed influence on fitness by measuring blood pressure and lung capacity. They found out the 10,000-step programme did help to get people motivated - and was an excellent way to start **D** _____. But to increase the effectiveness, some intensity must be added to their exercise. "Across your day, while you are achieving those 10,000 steps, take 200 to 400 of them at a faster pace. You've got to do more than light exercise and include regular moderate activity, and don't be shy to have an occasional period of time at an energetic level." The researchers were concerned there was too much focus **E** _____ rather than on its intensity.

Professor Stuart Biddle, an expert in exercise science at the University of Loughborough, said it was possible that the current guidelines on how much exercise to take were set too low. "However, you have got to find **F** _____. The harder you make it, the fewer people will actually do it." Professor Biddle said there was no doubt that energetic exercise was the way to get fit, but volume rather than intensity might be more useful in tackling issues such as obesity.

1. part in the project
2. taking exercise
3. gave marked health benefits
4. in fitness levels
5. on simply getting people to take exercise
6. not enough to get fit
7. a compromise between physiology and psychology

Ответ:

A	B	C	D	E	F