

READING

Task 1 The benefits of a daily walk

Read the article about the benefits of a daily walk. Put the phrases A-J in the right place. There is ONE extra phrase that you should NOT use. Write your answers in the spaces provided. An example (O) is given.

A	causing one death every seven seconds
B	at whatever age the person starts
C	they may be able to retard the process of ageing
D	the effects physical activity can have on the cellular level
E	who did not take regular exercise
F	when they did not do exercise
G	it improves cognitive function
H	moderate exercise could halve the risk
I	an anti-ageing process had been triggered
J	is the leading cause of death in both sexes

Just 25 minutes of walking a day can add up to seven years to your life, according to health experts. Researchers have found that (0).....H.....of dying from a heart attack for someone in their fifties or sixties.

Coronary heart disease is the UK's single biggest killer, (1), and exercise has long been seen as a way to reduce the risks by cutting obesity and diabetes.

A new study presented at the European Society of Cardiology (ESC) Congress suggested that regular exercise can increase life span. A group of 69 healthy non-smokers, aged between 30 and 60, (2), were tested as part of the study at Saarland University in Germany. Blood tests taken during six months of regular aerobic exercise, high-intensity interval training and strength training showed (3), which helped repair old DNA.

"This suggests that when people exercise regularly (4), " said Sanjay Sharma, professor of inherited cardiac diseases in sports cardiology at St George's University Hospitals NHS Foundation Trust in London.

"We may never avoid becoming completely old, but we may delay the time we become old. We may look younger when we're 70 and may live into our nineties. Exercise buys you three to seven additional years of life. It is an antidepressant, (5) and there is now evidence that it may retard the onset of dementia."

The advice from experts is that everyone should do at least 20 minutes of walking or jogging a day, given the sedentary lifestyles and changes in diet that have contributed to high death rates from heart disease. Exercise can also improve brain functioning.

Exercise brings benefits (6) People who take up exercising at the age of 70 are less likely to go on to develop a condition that leads to irregular or racing heart rates in 10 per cent of people aged over 80.

“The study brings a bit more understanding of why physical activity has that effect,” said Christi Deaton, Florence Nightingale Foundation Professor of Clinical Nursing Research at Cambridge Institute of Public Health. “It helps us understand the process of cellular ageing, as that’s what drives our organ system and body ageing, and (7) The more active you are, and it doesn’t matter when you start, the more benefit you are going to have.”

Heart attacks are mainly triggered by coronary heart disease, which kills around 73,000 people in the UK every year and (8) Heart disease generally affects more men than women, although from the age of 50 the chances of developing the condition are similar for both.

(Source: www.independent.co.uk)

Task 2: Multiple choice text

You are going to read an article about cinema etiquette. Choose A, B or C for questions 9-17. There is an example given (0). Write your answers on your Answer Sheet.

Keep your shoes: Empire Cinemas to display posters outlining 10 'golden rules' for cinema etiquette

Thousands of cinemagoers are driven to distraction each month by the bad behaviour of those around them, as their neighbours talk loudly, eat smelly food and text on their mobile phones during the films. One cinema chain has now drawn up a new “etiquette guide” to ensure its patrons are not left fuming into their popcorn.

Empire Cinemas is to display posters in the foyers of their chains around the country outlining 10 “golden rules” warning patrons against everything from taking off their shoes to over-enthusiastic public displays of affection.

The company was moved to draw up its list after a poll of customers found that 85 per cent were keen for an official cinema code of conduct, and complained of disruptive behaviour.

Of those quizzed, two-thirds admitted they had wanted to confront fellow cinemagoers but had lost their nerve. However, it is not clear whether the auditoriums will be policed more closely, or whether those breaching the code will actually be thrown out.

Kaleem Aftab, film correspondent at *The Independent*, called for viewers to avoid disruptive behaviour and said cinemas “should be like a church, where the screen is the pulpit”.

This weekend he was forced to tell off a fellow cinemagoer for talking and then texting, "which is annoying in the first place, but worse when they don't know how to silence the beeps every time they pressed a button".

While the UK chains have been more reticent, there have been cases of persistent texters being thrown out of cinemas in the US, while in 2004, the French Government backed plans by cinema chains to introduce technology that could jam mobile phone signals.

Aftab agreed that talking and the use of phones should be banned, as well as smelly foods in noisy wrappers. He would also introduce a ban on people turning up drunk or wearing hats. "Snogging should be allowed though," he said. "As long as it is in the back row."

The Etiquette Guide bears a close resemblance to the "Wittertainment Code of Conduct" drawn up in 2010 by Simon Mayo and Mark Kermode during their popular weekly film review show on BBC 5 Live.

The pair's "10 commandments" for cinemagoers decreed that no food louder than a soft bun should be consumed, and prohibited talking, the use of mobile phones and removal of shoes.

They also requested that no hobbies be involved, from knitting to drug dealing, as well as arriving late or bringing young children to 12A rated films instead of hiring a babysitter. Empire Cinemas said the list had not influenced their decision to draw up their own.

The biggest complaint made by their customers was talking during the film, with over half calling it the most annoying habit of their fellow filmgoers. A quarter picked loud eating and drinking, with 15 per cent criticising public displays of affection.

In a bid to curtail antisocial activities, the Prince Charles Cinema in London introduced so-called "cinema ninjas" to their auditoriums in September, where staff dress up in dark clothing to police bad behaviour.

While the UK has seen arguments, and even blows traded over antisocial behaviour, it has not reached the level of the Latvia, where one cinemagoer shot his neighbour dead for complaining about the volume he was eating his popcorn.

In 2008, an American shot a fellow cinemagoer after complaining about his talking during *The Curious Case of Benjamin Button*. The shooter then returned to watching the movie.

(Source: <http://www.independent.co.uk/arts-entertainment/films/news/keep-your-shoes-empire-cinemas-to-display-posters--outlining-10-golden-rules-for-cinema-etiquette-8307173.html#>)

Q0. The Empire Cinemas Group has introduced new rules

- a. to stop people smoking in cinemas.
- b. to stop people eating popcorn in cinemas.
- c. to stop people behaving badly in cinemas.

Q9. The 10 "golden" rules were written

- a. in response to a questionnaire.
- b. because customers were fighting with each other.
- c. because the police insisted on it.

Q10. Two thirds of cinemagoers

- a. were thrown out by the police.
- b. wanted to complain to other customers but didn't.

c. complained unsuccessfully to other customers

Q11. Kaleem Aftab

- a. was criticised by another customer at a cinema.
- b. doesn't know how to silence his mobile.
- c. thinks going to the cinema should be like a religious experience.

Q12. In France in 2004 the authorities

- a. banned mobile phone use in cinemas.
- b. stopped cinemas from blocking phones.
- c. agreed with cinemas who wanted to block phones.

Q13. Aftab wants to prohibit

- a. customers kissing in cinemas.
- b. certain types of food and certain types of clothes in cinemas.
- c. the sale of alcohol in cinemas.

Q14. Simon Mayo and Mark Kermode

- a. work as cinema critics.
- b. wrote the Empire Cinema Group's etiquette guide.
- c. have a more tolerant attitude than Kaleem Aftab.

Q15. Mayo and Kermode think

- a. the public should arrive before the film begins
- b. childcare should be offered in the cinema
- c. the public should not eat in the cinema

Q16. 'Cinema ninjas' are

- a. members of the public who volunteer
- b. police officers
- c. cinema employees

Q17. In a cinema in Latvia

- a. a man died from choking on his popcorn.
- b. a man was killed for eating popcorn loudly.
- c. a man was killed for complaining.