

- 22- According to the information in the passage, if you participate in a sport that makes you have long rest periods, you** .
- 1) Cannot expect your fitness improve much
 - 2) Should do your best to avoid total body involvement
 - 3) Need to exercise in different places in order to improve your fitness
 - 4) Had better do running, fast walking etc. during the rest period to keep your body warm and fit
- 23- According to the passage, if you have a heart problem, you are advised to** .
- 1) Exercise in places that design activities clinically appropriate for you
 - 2) Play organized games so that others can take care of you if you face any trouble
 - 3) Often see a doctor to measure the amount of the progress you have made in fitness
 - 4) Engage in activities that require total body involvement so that all the pressure would not be on your heart
- 24- It can be said paragraph 1 is mainly written to** .
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| 1) Advice | 2) Correct a wrong idea |
| 3) Mention the benefits of games | 4) Compare daily exercise with organized sports |
- 25- The word "labored" in paragraph 2 is closest in meaning to** .
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| 1) Deep | 2) Difficult | 3) Dangerous | 4) Regular |
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