

## **Practice Test 1**

### **Text A**

#### **Physical Inactivity**

Physical inactivity is widely recognised as a leading risk factor for global mortality, according to international public health studies. According to the World Health Organization, insufficient physical activity increases the risk of cardiovascular disease, diabetes, and certain cancers. These conditions are often described in public health reports as **chronic diseases linked to lifestyle factors**. According to global health estimates, approximately one in four adults worldwide do not meet the recommended physical activity levels. Regular physical exercise helps improve heart health, control body weight, and strengthen muscles and bones.

### **Text B**

#### **Benefits of Regular Exercise**

A growing body of research indicates that regular physical activity provides numerous health benefits. It improves cardiovascular fitness, strengthens muscles, and contributes to stronger bones. Research indicates that individuals who engage in moderate physical activity for at least 150 minutes per week have a lower risk of developing chronic diseases such as diabetes and cardiovascular disease. Some international health guidelines recommend that adults engage in regular physical activity each week to maintain good health. Exercise also helps reduce stress, improve sleep quality, and maintain a healthy body weight.

### **Text C**

#### **Research on Physical Activity**

A cross-national study conducted by the World Health Organization in 2020 analysed physical activity patterns across more than 150 countries. The analysis used data collected from national health surveys, international health databases, and published epidemiological reports. The analysis showed that insufficient physical activity was more common in urban populations than in rural areas. Researchers concluded that increasing opportunities for physical activity through public health initiatives and urban planning

strategies is essential for improving population health outcomes. Some researchers also suggest that technological developments and sedentary work patterns may contribute to reduced physical activity levels.

## **Text D**

### **Lifestyle Changes in Modern Society**

Modern lifestyles have been linked to reduced levels of physical activity in many urban populations. Increased car use, long working hours, and widespread use of digital devices have reduced opportunities for exercise. Many people spend long hours sitting at work or at home. Experts recommend incorporating simple lifestyle changes such as walking, cycling, and participating in recreational sports to improve physical health and reduce the risk of chronic disease.