

1. Answer the following questions according to the text.

a) How do unpleasant childhood experiences affect a person's mental health?

.....

b) Why is physical activity important?

.....

c) How does sport change the proportion of the reported mental illnesses?

.....

2. Use the words from the text to complete the following sentences.

contribute

well-being

upbringing

proportion

a) The of women to men at universities is increasing dramatically.

b) According to the text, physical and mental can be improved by doing sport.

c) It is much better not to give a very sheltered to our children.

d) All the researchers a lot to make the society become aware of the ways to have healthy and happy members.