

1. What do the underlined words refer to?

- a) Those: _____
- b) These people: _____
- c) their: _____
- d) he: _____

2. Choose the correct option.

In the study 50 year old participants performed better in mental tests if

- a) they have taken a memory test
- b) they have been exercising for a long time
- c) if they exercise at least three times a week
- d) if they pay attention to the test well

The participants in the study

- a) have taken part in the research study since they were 11
- b) are 11 years old
- c) are younger than 11
- d) aged between 19 to 64

To benefit your cognitive well-being in long term you should

- a) exercise at least 150 minutes a week
- b) practice memory exercises
- c) set beginner level targets first
- d) do any level of physical activity