

1. Match the headings with the paragraphs.

- a) Your Depression Risk Rises
- b) Your Sleep Suffers
- c) Things Your Commute Does to Your Body
- d) Your Happiness and Life Satisfaction Decline
- e) Your Back Aches
- f) Your Blood Pressure Temporarily Increases

2. Make your own sentences with the bold words from the text.

- a) commute _____
- b) down-in-the-dumps _____
- c) nosedive _____
- d) spike _____
- e) congested _____
- f) slouch over _____

3. Answer the questions.

- a) How long does your commute from home to school last? Which vehicle do you use?

- b) How does it affect you and your life?
