

Listening skills practice: The benefits of sport – answers**Answers to The benefits of sport – exercises****Preparation**

- | | |
|------|------|
| 1. e | 5. h |
| 2. c | 6. b |
| 3. g | 7. d |
| 4. f | 8. a |

1. Check your understanding: multiple selection

- ✓ reduced risk of diabetes
- ✓ lower blood pressure
- X improved muscle tone
- X stronger heart and lungs
- ✓ stronger bones
- X increased feeling of calm and tranquillity
- ✓ improved mood
- ✓ improved concentration
- ✓ increased motivation
- X makes people less competitive
- ✓ improved communication and negotiation skills

2. Check your understanding: true or false

- | | |
|----------|----------|
| 1. True | 5. False |
| 2. False | 6. True |
| 3. False | 7. True |
| 4. True | 8. False |