



Reading > Lesson 2: Vocabulary Questions > Exercise 2.2

FOCUS: Answering multiple-choice vocabulary questions in short passages.

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DIRECTIONS: Read the passage and answer the questions that follow.

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**Low-intensity Exercise vs.
High-intensity Exercise**



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DIRECTIONS: Read the passage and answer the questions that follow.

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Some fitness experts promote **low-intensity exercise** over high-intensity exercise for weight-loss purposes. Compared with high-intensity exercise, a greater proportion of calories burned during low-intensity exercise is derived from fat. The lower the intensity of exercise, the higher the percentage of fat used as an energy source. In theory, if you are trying to lose fat, this principle makes sense, but in reality it is misleading. The bottom line when you are trying to lose weight is to burn more calories. When your daily caloric usage exceeds your caloric intake, weight is lost. The more calories you burn, the more fat is lost.

High-intensity exercise by itself appears to trigger greater fat loss than low-intensity exercise. A recent research study showed that subjects who took part in a high-intensity intermittent training program lost more body fat than those who participated in a low-to moderate-intensity continuous **aerobic** endurance group. Even more surprisingly, this finding occurred despite the fact that the high-intensity group burned fewer total calories per exercise session. The results support the notion that vigorous exercise is more conducive to weight loss than low-to moderate-intensity exercise.



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- 1 Which of the following is closest in meaning to **promote** as it is used in the passage?

- ☐ sell
- ☐ endorse
- ☐ provide
- ☐ allow

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- 2 The phrase **is derived from** in the passage is closest in meaning to

- ☐ comes from
☐ is based on
☐ is related to
☐ differs from

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- 3 The word **principle** in the passage is closest in meaning to

- ☐ idea
☐ weight
☐ source
☐ energy

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- 4 The phrase **bottom line** in the passage is closest in meaning to

- ☐ biggest challenge
- ☐ initial task
- ☐ most important point
- ☐ simplest part

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- 5 Which of the following is closest in meaning to **exceeds** as it is used in the passage?

- ☐ is less than
- ☐ is more than
- ☐ affects
- ☐ changes

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- 6 The word **intermittent** in the passage is closest in meaning to

- ☐ difficult
☐ lengthy
☐ athletic
☐ irregular

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- 7 The word **vigorous** in the passage is closest in meaning to

- ☐ intense
☐ healthy
☐ restrained
☐ casual

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8 Which of the following is closest in meaning to **conductive** as it is used in the passage?

- ☐ wholesome
- ☐ helpful
- ☐ reducing
- ☐ dangerous

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