[Loai: ĐỌC HIỂU ĐỀ 13 – 5 CÂU]

[Q]

**Read the following passage and choose the correct answer to indicate the correct answer to each of the questions from 51 to 55.**

Along with jogging and swimming, cycling is one of the best all-round forms of exercise. It can help to increase your strength and energy, giving you more efficient muscles and a stronger heart. But increasing your strength is not the only advantage of cycling. Because you’re not carrying the weight of your body on your feet, it’s a good form of exercise for people with painful feet or backs. However, with all forms of exercise it’s important to start slowly and build up gently. Doing too much too quickly can damage muscles that aren‘t used to working. If you have any doubts about taking up cycling for health reasons, talk to your doctor and ask for his/her advice.

Ideally you should be cycling at least two or three times a week. For the exercise to be doing you good, you should get a little out of breath. Don‘t worry that if you begin to lose your breath, it could be dangerous and there must be something wrong with your heart. This is simply not true; shortness of breath shows that the exercise is having the right effect. However, if you find you are in pain then you should stop and take a rest.

**Question 51:** People with back problems might go cycling because \_\_\_\_\_\_\_\_\_\_\_\_\_

0. it enables them to carry the weight of their body on their feet.

1. it does not make them carry the weight of their body on their feet

0. it helps to make their backs become stronger

0. it helps them to relieve their backache

[Q]All forms of exercise must be started \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Gradually

0. Quickly

0. Strenuously

0. Violently

[Q] According to the writer, it is best to go cycling

0. once a week

1. at least two or three times a week

0. at least two or three times a day

0. every day

[Q] You should not worry about the shortness of breath because \_ .

0. it shows that there is something wrong with your heart

0. it shows that you should stop and take a rest

1. it is a sign of exercise having the right effect

0. it is a sign of your getting rid of your heart problem

[Q] Which of the following is NOT included in the advantages of cycling?

0. Giving you a stronger heart

0. Increasing you strength and energy

0. Giving you better muscles

1. Making you look younger