

You are going to listen to eight recordings about studies on factors relevant to health. First you will have 45 seconds to study the task below. Then you will hear the recording twice. While listening, match the studies with their findings (A-J). There are two extra findings that you should not use. Write your answers in the boxes provided on the answer sheet. The first one (0) has been done for you.

After the second listening, you will have 45 seconds to check your answers.



## What influences your health

Example	0
Study 1	1
Study 2	2
Study 3	3
Study 4	4
Study 5	5
Study 6	6
Study 7	7

A	People's health is influenced by close relationships.
B	Certain behavior helps keep up good mental condition.
C	Changing a bad habit only on certain days has a negative effect.
D	A sports activity was more efficient when combined with another activity.
E	People moved more and ate more healthily in certain settings.
F	A regular activity showed benefits only if done for at least a certain amount of time.
G	People's activity level is related to local infrastructure.
H	Effects of eating habits are visible in people with a certain diet.
I	Healthy relationships lead to long-term mental health.
J	A particular eating habit leads to a longer life.

