

## **Exam Fitness**

**physical fitness** = being in shape; being physically fit

**mental fitness** = being mentally fit

**exam fitness** = physical and mental fitness for taking exams

Research has shown that success in exams depends on physical as well as intellectual fitness, and while there is no substitute for studying, keeping yourself in good physical shape will help you make the most of what you've learned. The following advice will enable you to perform at your best at exam time.

**depend on** = to need the help of someone or something; to be affected by someone or something

- *The interest rate of the banks depends on the rate of inflation.*
- *Our economy depends on the car industry.*
- *What you buy depends on what you can spend.*

**as well as** = in addition to; on top of; besides

**physical** = related to the body

- Physical Education = P.E.

**intellectual** = mental

**while** = whereas

**substitute** = replacement; alternative

**make the most of** = get the best result

### **Exercise**

Many people believe that there are two kinds of students: the fit, sun-tanned type with bulging muscles and a low IQ, and the weak, pasty academics, who wear thick glasses and pass all their exams. The implication is that students are either intellectual or physical, which is not in fact the case. Recent studies have found that students who take regular exercise generally do better at school than those who don't. For example, twenty minutes of aerobic exercise will immediately bring about:

**exercise** = physical activity; working out

**fit** = in shape

**sun-tanned** = with dark skin from being in the sun

**bulging** = sticking out, big

**IQ** = Intelligence Quotient

**pasty** = pale

**academic** = student; scholar

**implication** = indirect meaning

**which is not the case** = which is not true

**bring about** = cause; result in; lead to

- an improved performance in IQ tests,
- a reduction in stress,

- improved levels of alertness and concentration,
- faster, clearer, more creative thinking,
- an improvement in memory.

**performance** = what a person does

**reduction** (noun) = decrease

**reduce** (verb) = decrease

**alert** (adj.) = aware

**alertness** (n.) = awareness

**concentration** (noun) = focus

**concentrate** (verb) = focus

**creative** = good at thinking of new ideas and making interesting things

➤ *Her book is full of creative ways to decorate your home.*

**improvement** = getting better

So, try to do some aerobic exercise at least three times a week. But remember, as exercise peps you up, it's better not to do it near bedtime. It could cause insomnia. And on the exam day, exercise before your exam starts, preferably outdoors.

**at least** ≠ at most

**as** = because; since

**pep sb up** = make sb more active and alert

**insomnia** = sleeplessness

**preferably** = if possible

### Body clocks and Sleep

Our bodies and minds are programmed to run to a particular schedule and our mental and physical abilities change dramatically during a day. For example, concentration, memory and the ability to work with our hands, all reach a peak in the afternoon, and fall to a low in the middle of the night. Our body clocks are set and kept in sync by daylight which also keeps us alert. Confusing your body clock will make you less alert and less effective. Lack of sleep will not stop a surgeon from operating successfully or a pilot from landing a jet, but it will affect a student's ability to read a book and remember things well.

**program** (n.) = plan

**program** (v.) = plan

**be programmed** (v.) = be planned

**run** (v.) = perform; function

**schedule** = timetable

**dramatically** = a lot; considerably; to a great extent

**peak** = maximum level, climax ≠ dip, low

**low** = minimum level

**set** = adjust

**be set** = be adjusted

**settings** = adjustments

**synchronize** (v.) = make two things work at the same time

**synchronic** (adj.) = happening at the same time

**synchronization** (n.) = synch = being synchronized

**affect** (v.) = to have an impact on

**effect** (n.) = impact

**effective** (adj.) = having an impact

**lack** = shortage, not having

### **Some Points to Remember:**

- If you have to get someone to wake you up every morning, you are not getting enough sleep.
- You should sleep at regular times so as not to confuse your body clock.
- You must get enough daylight. Study in a well-lit room, preferably near a window.
- The best times to study are between 9:00 and 12:00 noon, and then late afternoon between 4:00 and 6:00.
- The worst times are after lunch, because your body clock goes into a dip between 1:00 P.M. and 3:00 P.M., and also late at night. You may think you are more creative after 11:00 P.M., but remember that most exams take place during the day. Studying late at night will disrupt your body clock.
- A short nap during the afternoon will help you study and could result in an improved performance — just make sure you don't fall asleep during your exam.

**point** = important thing

**so as to** = in order to

**so as not to** = in order not to

**dip** = the lowest level  $\neq$  peak

**well-lit** = bright

**disrupt** = stop, interrupt

**result in** = lead to = cause = bring about

### **Final points:**

- Don't study more than four or five hours a day on top of your school or other work.
- Whatever you tell yourself or other people, studying with the TV or radio on adversely affects your ability to absorb what you're trying to learn. The same goes for any background music which competes for your attention. Choose music you find pleasant, not incredible.
- Study with a friend — it helps you feel you aren't suffering alone.

**on top of** = in addition to; as well as; besides

**adversely** = negatively

**absorb** = understand

**The same goes** = The same thing is true

**pleasant** = enjoyable

**incredible** = unbelievable; unusual

### **Full Text:**

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## Main Ideas

- Success in exams depends on both physical and mental fitness. In other words, we should have a healthy body and a healthy mind to get good grades on the exams.
- Students who take regular exercise do better at school than those who don't exercise regularly.
- Exercising improves our IQ and our memory, reduces our stress, helps us concentrate more easily, be more alert, and think faster, more clearly, and more creatively.
- We should do twenty minutes of aerobic exercise three times a week.
- We shouldn't exercise before bedtime because it causes insomnia.
- Our body has a natural clock which is set and kept in synch with daylight.
- We shouldn't confuse our body clock. We should sleep enough at regular hours.
- Study in well-lit rooms, if possible, near a window.
  
- The best times to study:
  - between 9 A.M. and 12 noon and between 4 P.M. and 6 P.M
- The worst times to study:
  - after lunch and late at night
- A short nap in the day is useful.
- Don't study for too many hours.
- Don't keep the TV or the radio on and don't listen to incredible music when you study.

### Summary:

Success in exams relies on both physical and intellectual fitness. Regular exercise can boost IQ, reduce stress, and improve concentration and memory. It's best to exercise at least three times a week, but not near bedtime to avoid insomnia. Our body clocks affect our mental and physical abilities, so it's important to get enough sleep and daylight, and study at optimal times (9:00-12:00 and 4:00-6:00). Avoid studying late at night as it disrupts your body clock. Limit study time to four or five hours a day, avoid distractions like TV or loud music, and consider studying with a friend for support.

### Source:

[Intermediate 1 \(anglophone.ir\)](http://intermediate1(anglophone.ir))