

WHY THE SEA IS GOOD FOR YOU

B1

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

We all love spending time by the sea. The lucky ones might live on the coast and enjoy the benefits throughout the year. (1)..... Most of us would say we feel healthier by the ocean. In the past, doctors would actually recommend spending time by the sea to their patients. And research has shown that people who live on the coast are more likely to believe their health is good compared to those living in a city. So how do we benefit, exactly?

Well, to start with it's great for our mental health. (2)..... They have shown that watching, listening to or being in the ocean helps our brains slow down. The sound of the waves can help us relax and has a positive effect in reducing feelings of stress. This is why people who have trouble sleeping are often told to listen to recordings of the sound of waves hitting the shore to help them relax at bedtime.

(3)..... We go out a lot more when we're on holiday by the sea. We often become more active on holidays and people who live on the coast are usually more active too. And if you take your walks on the beach this is even better. (4)..... The sea air is also good for people with breathing problems. There is less pollution in the air near the ocean and in the autumn and winter the air is fresher. (5)..... It has even been found that the chemicals found in sea water are the same chemicals that help us have healthy skin.

No wonder then that we often feel so much better at the end of a seaside holiday and why we look forward so much to booking our next one!

- A Being by the sea is also good for our physical health.
- B This is healthier than the dry atmosphere in homes with central heating.
- C It's not just swimmers who know how to do this.
- D The rest of us have to wait for our next holiday.
- E However, in the end you'll notice the difference.
- F Walking on sand requires more effort than on the pavement.
- G Scientists have discovered that we have something called a 'blue mind'.
- H So scientists disagree about the reasons for doing this.