

NAME:

COURSE:

Researchers say jogging alone is unhealthy.

A newly published **report** indicates that jogging could have adverse health effects, especially for those who do it alone. A team of **researchers** from Harvard University has suggested that going for a run on your own is not as healthy as previously believed and is nowhere near as beneficial as jogging as part of a group. They suggested it could actually be detrimental to one's health. Experiments conducted on rats indicated that running alone raises stress levels and **stifles** brain cell regeneration. Professor Elizabeth Gould, who led the research, said: "These results suggest that, in the absence of social interaction, a normally beneficial experience can exert a potentially deleterious influence on the brain."

The researchers **monitored** two groups of rats on exercise wheels. One group exercised alone, the other as part of a rodent jogging team. After two weeks, the scientists conducted tests to **ascertain** the rate of brain cell growth in all of the test animals. The results revealed that the communal joggers had double the amount of new brain cells as the solo runners. Professor Gould concluded that: "When experienced in a group setting, running stimulates neurogenesis (brain cell growth). However, when running occurs in social isolation, these positive effects are suppressed." Joggers around the world should perhaps take the research with a **pinch** of salt and remember that jogging is healthier than the rat race.

QUESTIONS

1. Answer the following questions using your own words but taking into account the information in the text. (2 points)

a. According to the text, is jogging alone beneficial for our health? Why?

b. Has this piece of research been tested on humans?

2. Are the following statements TRUE or FALSE? Identify the part of the text that supports your answer. (1.5 points)

a. Jogging with rats stimulates the brain cell production: _____

Evidence:

b. Jogging rats produce more brain cells if they do it in group: _____

Evidence:

3. Find a synonym for each of the four words from these six options. (1 point)

REPORT	RESEARCHER	STIFLE	MONITOR	ASCERTAIN	PINCH
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a. Watch:

b. Small amount:

c. Discover, check:

d. Piece of research:

