

Name _____ Class _____

You are going to read a text about long life. Which of the sentences are right according to the text? Write the numbers of the correct sentences in the box provided below. (1 Point for each correct answer.) (8 Points)

Read the text and long life in the office:

What's the secret about long life with passion, love, with ambition? One on the list says "live on the 10th floor" don't you know? But the answer may be really long life.

Long life is an ancient system of medicine. People who believe in long life stress the importance of creating positive energy and good balance. They incorporate herbs and teas to calm (relax) the body when some stress gets to add "or" to it rather than getting rid of it. They understand the flow of chi in a room. It can also involve breathing exercises and movements in a room or yard.

Long life practitioners (LTP) many years ago. Some techniques went on back to the old times like including Chinese medicine used long ago. Many practiced in "yoga-like" to stretch or to relax to live or to find a better ground. However, people say that the secret of long life is different in public buildings or in the office.

People often complain about problems in the office. For instance, it gets on the side of a desk or another movement is flow of energy and productivity. Also, a common idea promotes more creativity than a usual desk. Another important one is office long life is to make sure you have a window or someone else in the office. Also, it is not a good idea to have a room with one door on each side of a room. Apparently, the two doors allow the air to get in and out faster than the other.

Many of the best ideas for office long life are based on common sense. And people agree with beliefs in long life that say that breathing is important. People prefer fresh air and when people can breathe in the office, they are less stressed. They say that having unobstructed paths on a desk, desk with a window, also, if people have more space to move around, they will feel more comfortable too.

Long life ideas sound simple, but it does take to follow. Some people can't understand how moving desks around or a room can make someone and improve in the work. Long life has been compared to yoga and it makes sense if you have discomfort and want to get on (the ground) it is a "natural" experience. Other people long life for being successful. They argue that if long life is a science, it should be a scientific method.

Whether you agree or disagree with long life, you can at least admit that it can perhaps make someone comfortable in the office.

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