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## Analysis of Answers for Paper 2 Comprehension Practice #11

(‘Health & Fitness’)

1. The author does this in order to distance herself from those who believe that living requires creative imagination.

*\*Useful points to take note of:*

2. The author uses the word ‘into’ to suggest that people are ferverently pursuing health trends which they do not fully understand, **often leading to** harmful consequences to themselves.

*\*Useful points to take note of:*

3. In both cases, people overly focus on improving their health **to the extent of** devoting excessive attention to it. In the process, this ironically results in detrimental effects such as failing to enjoy their lives or worse, suffering other health problems.

*\*Useful points to take note of:*

4. The word ‘fear’ is in italics to **highlight the fact that** the fear that people have of the safety and quality of the food they eat **is itself** a source of harm to their bodies.

*\*Useful points to take note of:*

6. The remainder of the paragraph illustrates this by showing that when people fall ill, instead of seeking help from a family member or going to the clinic **as conventionally practiced**, they now self-diagnose by searching the Internet for information concerning a diversity of medical ailments.

*\*Useful points to take note of:*

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7. The use of the word 'too' implies that doctors have become overly accessible **to the extent that** this has brought about negative effects.

*\*Useful points to take note of:*

8. Firstly, the patient may treat the doctor as a friend and not take his advice seriously, **hence** putting his health at risk. Secondly, the patient and doctor may end up maintaining a personal relationship, which would contravene professional guidelines, **thus** placing the doctor's professional status in danger.

*\*Useful points to take note of:*

9. In both cases, women in the past and modern day Europeans are caught in a frenzy to experiment with remedies that combat the process of ageing, **such that they are willing to try all kinds of treatments even when** the products come at great expense and have not proven to be effective.

*\*Useful points to take note of:*

10. 'Follies' refer to foolish behavior **and** they demonstrate people's obsession with the cult of youth **by showing that** people get upset like babies when they cannot satisfy their wants, and they hold on to unrealistic notions of youthful appearances which cannot be attained.

*\*Useful points to take note of:*

11. The quotation reinforces the author's argument that people should not go to extremes in their pursuit of health **and** that people should exercise discernment when they seek to improve their health.

*\*Useful points to take note of:*

## 5. Summary Question (ANSWERS)

#	Points from the Passage	Paraphrased Points
1	Obsession with exercise is common.	Preoccupation with / over-emphasis on / excessive attention to exercise is widespread / prevalent
2	Although this obsession may seem more beneficial than harmful...	Viewed as something advantageous / useful / positive rather than detrimental / adverse / negative
3	...become obsessed solely with workouts...	Focus on exercise only / alone / by itself / in isolation
4	...and neglect other valuable ways to build and maintain health.	Ignoring / overlooking / dismissing other important / useful methods to improve their well-being
5	<i>[The athlete who eats junk food and the bodybuilder who cannot relax...]</i>	Including their diet and mental health
6	These days...every other block there is another fitness centre offering boot-camp classes...	Currently, people prefer to attend group-based fitness lessons
7	<i>[...have been replaced by packs of would-be commandos, sprinting up sandy hillsides with backpacks full of rocks strapped to their shoulders.]</i>	And undergo extreme / challenging / punishing / demanding routines
8	There is also a very modern day obsession with extremes at play...	The failure to practise moderation / balance
9	If you are running just five kilometres a day and doing a few pull-ups, you're a wimp...	Causes people to believe that anything that is not exacting / difficult / impossible is a sign of weakness
10	It's hard not to feel awe when you watch a middle-aged woman in a T-shirt sporting an inspirational quote clean-and-jerk weights.	Leads people to admire / marvel at / those who push themselves
11	The whole notion of pushing your physical limits – popularised by sportswear ads, military mythos and celebrity athletes' cult of personality...	This perception / belief / notion is shaped / influenced / moulded by popular sports culture / media / advertising
12	...has attained a religiosity that is as passionate...	Reaching a fanatical / over-zealous level
13	...as it is pervasive.	That affects many aspects of fitness
14	The "extreme" version of anything is now widely assumed to be an improvement on the original...	People now view any exercise that tests the limits as something desirable / an enhancement / to be welcomed
15	...rather than a perverse amplification of it.	Instead of a warped / absurd distortion
16	And as with most of sports culture, there is no grey area.	Without question / unequivocally / unreservedly / absolutely