

Choose the answer that best completes the sentence or answers the question.

1. One meaning of *drag* is
 - a. to pull along
 - b. to slow down
 - c. to move fast
 - d. to avoid collisions
2. If you *ultimately* win an argument, you
 - a. throw a temper tantrum
 - b. eventually win
 - c. hope to win
 - d. have a good chance of winning
3. Another word for *deceleration* is
 - a. speeding
 - b. stopping
 - c. driving
 - d. braking
4. Read this sentence.
The popular coffee shop is going to *phase* in more sweets and bakery items.

Phase in means
 - a. introduce
 - b. display
 - c. demonstrate
 - d. bake

If you're looking for a perfect way out of a *sedentary* lifestyle, here's an easy solution: get a bike. Whether you *opt* for a simple, basic cruiser or a fancy racer with all the bells and whistles, you'll have fun. You'll also increase energy and gain a feeling of freedom and *autonomy* as you cruise along the city streets and back roads. If you have a fitness goal, you can *draft* a weekly plan that details your routes, mileage, and calories expended. You could also find a local bicycling club, make new friends, and get fit with other cycling enthusiasts. Chances are, you'll become a passionate bicyclist who thrills to the power of *kinetic* energy. You'll *undergo* a lifestyle transformation and never want to stop moving!

5. In line 1, *sedentary* does NOT mean
 - a. seated
 - b. stationary
 - c. inactive
 - d. active
6. Another word or words for *opt* (line 2) is
 - a. decide
 - b. put off
 - c. go with
 - d. delay
7. If you feel *autonomy* (line 3), you feel
 - a. connected
 - b. invisible
 - c. connected
 - d. independent
8. To *draft* (line 4) a plan is to
 - a. veto a plan
 - b. draw up a plan
 - c. prevent others from making a plan
 - d. carry out a plan
9. How could you experience *kinetic* (line 6) energy?
 - a. by purchasing a bicycle
 - b. by reading up on ultramarathons
 - c. by walking one mile
 - d. by getting the latest bike gear
10. If you *undergo* (line 7) a transformation, you
 - a. go through an experience
 - b. share tips on getting in shape
 - c. make the most of your free time
 - d. ask for fitness tips

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Answer Section

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|------------|--------|
| 1. ANS: A | PTS: 1 |
| 2. ANS: B | PTS: 1 |
| 3. ANS: D | PTS: 1 |
| 4. ANS: A | PTS: 1 |
| 5. ANS: D | PTS: 1 |
| 6. ANS: A | PTS: 1 |
| 7. ANS: D | PTS: 1 |
| 8. ANS: B | PTS: 1 |
| 9. ANS: C | PTS: 1 |
| 10. ANS: A | PTS: 1 |