

- 79.** As researchers explore in their studies the link between sedentarism and inflammation, it has been revealed that
- A) consistent and moderate exercise decreases inflammation levels.
  - B) intense workout is the best way to fight inflammation.
  - C) chronic inflammation can hardly be affected by exercise.
  - D) a long walk a week is enough to keep chronic inflammation at bay.

Assunto: Interpretação de texto

Parágrafo 3:

The scientific evidence is also clear that people who are sedentary tend to have higher levels of inflammation compared to people who exercise regularly. And when sedentary people start moving consistently, their inflammation levels generally decline. Some researchers believe that exercise's power to fight inflammation may even be at the heart of why physical activity is so effective at protecting us against cardiovascular disease, diabetes, dementia and other chronic diseases.

Parágrafos 8 e 9:

Research suggests that consistent, moderate exercise can fight inflammation by tamping down the release of inflammatory chemicals, and ramping up the release of chemicals that fight it. Exercise can also lower inflammation indirectly, for example, by improving sleep quality and lowering stress.

For people who are sedentary, exercise is especially effective at counteracting inflammation, experts said. Certain kinds of fat cells have been shown to release chemicals into the blood that cause low-grade inflammation. When someone who has been sedentary starts working out consistently, not only does their fat tissue often shrink, but studies also suggest that the physical activity might alter their fat cells so they produce fewer inflammatory substances, Dr. Shmerling said.

A questão pede que se identifique o que as pesquisas revelaram sobre a relação entre sedentarismo, exercício e inflamação. A informação principal está no **parágrafo 3**, no trecho "*The scientific evidence is also clear that people who are sedentary tend to have higher levels of inflammation compared to people who exercise regularly. And when sedentary people start moving consistently, their inflammation levels generally decline.*", que mostra que pessoas sedentárias têm níveis mais altos de inflamação e que exercício consistente e moderado reduz esses níveis.

Além disso, os **parágrafos 8 e 9** aprofundam e complementam a informação apresentada no parágrafo 3. No parágrafo 8, o texto explica que o exercício moderado e consistente combate a inflamação reduzindo a liberação de substâncias inflamatórias e aumentando a liberação de substâncias anti-inflamatórias, além de melhorar fatores indiretos, como qualidade do sono e níveis de estresse. Já o parágrafo 9 trata especificamente de pessoas sedentárias, detalhando que, ao começarem a se exercitar regularmente, não apenas ocorre a redução do tecido adiposo, mas também uma alteração nas células de gordura, fazendo que elas produzam menos substâncias inflamatórias.

Item: A