

**80.** Some researchers consider that exercise's power to combat inflammation may be a key aspect related to the importance of physical activity to shield us from health problems like, for example,

- A) migraines and dementia.
- B) diabetes and breast cancer.
- C) heart disease and diabetes.
- D) dementia and osteoporosis.

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.

A questão pede que se identifique quais doenças o exercício ajuda a prevenir por meio do combate à inflamação. A informação está no **parágrafo 3**, no trecho "*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*", que mostra que o exercício protege contra doenças cardiovasculares (heart disease), diabetes e demência.

Item: C