

**84.** As to recommendations of types of exercises to reduce chronic inflammation, the text suggests resistance/strength training specially to people who are losing muscle mass in the process of aging because this type of exercise would contribute to

- A) make them relax.
- B) give them energy.
- C) bring them to the gym.
- D) keep them moving.

Assunto: Interpretação de texto

Parágrafo 13:

For starters, resistance training helps to reduce inflammation-causing fat cells, particularly when combined with regular aerobic exercise. People with chronic inflammation tend to lose muscle mass more rapidly as they age than those with less inflammation, so strength training may be especially important for them to remain mobile and independent. The Centers for Disease Control and Prevention recommend that adults make time for at least two strength-training sessions per week.

A questão pede que se identifique qual benefício o treinamento de força oferece às pessoas que estão perdendo massa muscular no processo de envelhecimento. A informação está no **parágrafo 13**, no trecho "*strength training may be especially important for them to remain mobile and independent*", que indica que o treinamento de força é importante para que essas pessoas permaneçam **com boa mobilidade** e independentes, ou seja, continuem se movimentando e mantenham sua autonomia física.

Item: D