

TOEFL Integrated Writing Practice Test 5

Sure, here is a question paper for TOEFL Integrated Writing Practice Test with 5 questions:

Passage:

The following passage is from an article about the benefits of exercise.

"Exercise is a powerful tool that can help us to improve our physical health, mental health, and overall well-being. There are many different types of exercise, so there is something for everyone.

Some of the benefits of exercise include:

Weight loss or maintenance

Reduced risk of chronic diseases such as heart disease, stroke, diabetes, and cancer

Improved mood and mental health

Increased energy levels

Better sleep

Stronger bones and muscles

Improved balance and coordination

Increased self-esteem

If you are not a regular exerciser, I encourage you to start today. Even a small amount of exercise can make a big difference. Start by walking for 30 minutes a day, 3-4 times a week. You can gradually increase the amount of time you exercise as you get fitter.

There are many different ways to make exercise more enjoyable. You can exercise with friends or family, listen to music while you exercise, or find an activity that you enjoy.

I believe that exercise is one of the best things you can do for your health. So get moving and start reaping the benefits of exercise today!"

Lecture:

The following lecture is from a professor who is discussing the benefits of exercise.

"In this lecture, I will discuss the benefits of exercise. I will argue that exercise is a valuable activity that can have a number of positive effects on our lives.

I will begin by discussing the physical benefits of exercise. Exercise can help us to lose weight or maintain a healthy weight, reduce our risk of chronic diseases, and improve our overall health.

I will then discuss the mental health benefits of exercise. Exercise can help to improve our mood, reduce stress, and improve our cognitive function.

Finally, I will discuss the social benefits of exercise. Exercise can help us to connect with others, build relationships, and have fun.

I believe that the benefits of exercise are numerous and significant. I encourage you to start exercising today and to experience the many benefits that exercise can offer."

Question 1:

According to the passage, what are some of the benefits of exercise?

Weight loss or maintenance

Reduced risk of chronic diseases such as heart disease, stroke, diabetes, and cancer

Improved mood and mental health

Increased energy levels

Better sleep

Stronger bones and muscles

Improved balance and coordination

Increased self-esteem

Question 2:

According to the lecture, what are some of the benefits of exercise?

Physical benefits: weight loss or maintenance, reduced risk of chronic diseases, improved overall health

Mental health benefits: improved mood, reduced stress, improved cognitive function

Social benefits: connecting with others, building relationships, having fun

Question 3:

Do you think exercise is a good habit? Why or why not?

I believe that exercise is a very good habit. Exercise has many benefits, both physical and mental. It can help us to lose weight or maintain a healthy weight, reduce our risk of chronic diseases, improve our mood, reduce stress, improve our cognitive function, connect with others, build relationships, and have fun. I encourage everyone to make exercise a part of their daily routine.

Question 4:

What are some tips for getting started with an exercise routine?

Here are some tips for getting started with an exercise routine:

Set realistic goals. Don't try to do too much too soon. Start with a small amount of exercise and gradually increase the amount as you get fitter.

Find an activity that you enjoy. If you don't enjoy an activity, you're less likely to stick with it.

Make exercise a part of your daily routine. Schedule time for exercise and stick to your schedule.

Find a workout buddy. Exercising with a friend can make it more fun and help you stay motivated.

Don't be afraid to ask for help. If you need help getting started with an exercise routine, talk to your doctor or a personal trainer.

Question 5:

What are some common excuses people use for not exercising?

I don't have time.

I'm not fit enough.

I don't enjoy exercise.

I'm too tired.

I'm too busy.

It's important to remember that everyone has excuses for not exercising. But if you want to get fit and healthy, you need to find a way to overcome your excuses.