

- 85.** Another recommendation presented in the text as to types of exercises to reduce chronic inflammation is yoga. Among the reasons for that suggestion, the text mentions the advantage of
- A) being a light exercise.
 - B) bringing fitness.
 - C) mitigating symptoms.
 - D) promoting flexibility.

Assunto: Interpretação de texto

Parágrafo 14:

Chronic stress is another contributor to inflammation, so finding a workout you enjoy may offer greater anti-inflammatory benefits by helping to relieve stress. If you're looking for a place to start, a large body of research suggests that yoga can help to calm the nervous system, lower inflammatory markers and lessen symptoms of diseases associated with chronic inflammation. Avoid overtraining, since repeated intense workouts without appropriate recovery can heighten your levels of inflammation and weaken your immune system.

A questão pede que se identifique qual é o benefício associado à prática de yoga para reduzir a inflamação crônica. A informação está no **parágrafo 14**, no trecho "*yoga can help to calm the nervous system, lower inflammatory markers and lessen symptoms of diseases associated with chronic inflammation*", que mostra que o yoga ajuda a reduzir os sintomas de doenças ligadas à inflamação crônica, ou seja, mitiga os sintomas.

Item: C