

The number and length of flights has (1) ... sharply in the past few years. As the human body was not designed for flying, people can (2) ... if they are on an aeroplane for a long time. Therefore, it is important to (3) ... certain measures to increase your comfort. In the air, your body is more (4) ... to the effects of alcohol, and rich or fatty foods, so it is best to (5) ... these the day before you leave as well as during the flight. A long-distance journey often (6) ... travellers feeling stiff, because they have been sitting in one position for several hours. In order to reduce the (7) ... of this happening to you, there are some exercises you can do while you are flying. Besides this, a hot shower taken after the flight can be an effective way of minimising stiffness. If you (8) ... loose clothing made from (9) ... materials, such as cotton, you will feel more comfortable. Your skin suffers in other ways too, becoming drier since you have (10) ... the ground. This can be avoided, however, if you take some skin cream with you.

Прочитайте текст. Выберите один из предложенных вариантов ответа. Заполните пропуск (3).

- 1) make    2) have    3) take    4) do