**Passage 1**

"Be your own best friend by being fit!" So the ads in newspapers and magazines say. Americans today are **bombarded** with media images of well-groomed, **svelte**, young people peering out of ads, looking as if they can conquer the world.  They see willowy models in size-6 leotards and males with 28-inch waists jumping around with seemingly boundless energy after a day's work. Few Americans can live up to those images; in fact, most are overweight and out of shape from a combination of **sedentary** jobs and self-induced psychological dependence on food.

     The so-called "Information Age" makes people's jobs **sedentary** as they become readers and writers of reports and participants at many meetings.  Even though many businesses encourage fitness programs during lunch-hours or after work, the majority of American workers do not take advantage of them.  Instead, they work at desks, assembly lines, or computer terminals that require little physical activity.  They drive to work in air-conditioned luxury cars, take elevators to work in their glass-skinned buildings, and sit all day or complain if they have to walk a few yards to another office.  One recent study showed that the average American male office worker was at least sixteen pounds overweight and that he exercised less than ten minutes per day! And women workers have the additional problem of gaining weight easily.  Clearly, people are sitting and eating themselves into poor health.

1.  As used in paragraph 1 of the passage, the word **bombarded** most nearly means ...

A)  condemned

B)  entertained

C)  attacked

D)  shown

E) surrounded

2.  Which word in the passage is a synonym for **svelte**?

A)  young   
B)  willowy   
C)  jumping   
D)  overweight

E) edgy

3.  As used in paragraphs 1and 2 of the passage, the word **sedentary** most nearly means ...

A)  sluggish  
B)  requiring much sitting   
C)  of executive quality   
D)  cloudy

E) restful

**Answer Key :**

1.  The correct choice is C.

The word "attacked"can be substituted in the sentence, and the sentence makes sense.  The other choices do not follow the logic of other parts of the passage.

Americans today are bombarded with media images of well-groomed, svelte, young people peering out of ads, looking as if they can conquer the world.

2.  The correct choice is B.

The word svelte means thin. In context we see the word willowy describing the thin body-type.  Clearly options C, D, or E would not make sense in the context.  Option A would both imply a redundancy in the sentence, and that the parallel structure of the sentence was malformed.  Choice E describes a way of expressing oneself, and that is not dependent on weight.

3.  The correct choice is B.

The word "sedentary"describes the kinds of jobs many people have; they involve little physical activity. Choices A and D do not describe jobs.  Most Americans do not have jobs "of executive quality."  Choice E does include the idea of "resting," but most positions in offices are not supposed to be "restful," like a nap or a day at a spa.