Working on Your Workout

Choose the best answer

1.What is the main idea of this reading?

a. Daily exercise can often be bad for your health.
b. Working out properly is the only way to gain effective health results.
c. Most people know how to work out efficiently and effectively.
d. Adding a variety of workouts to your routine is not important.

2.Which of the following statements is NOT correct?

a. Daily intense workouts help one stay healthy.
b. One's body needs to rest between workouts.
c. A variety of exercise is better than doing the same one all the time.
d. It can be good to take a day off from exercising.

3.Which word is closest in meaning to the word " stretch" in this reading?

a. Exaggerate
b. Widen
c. Make tight
d. Extend or reach

4.What can be inferred about the mistake people make when they work out?

a. They are very harmful to the body.
b. People who rarely work out make them.
c. People think it is OK to make them.
d. Athletes would not make these mistake.

5.Why should you change your workout routine every six to eight weeks ?

a. To challenge your muscles
b. To become faster
c. To avoid bone problems
d. To exercise your brain

6.It is hard to _____ on my homework when people are talking loudly.

a. recommend
b. focus
c. workout
d. benefit

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7.If I get a _____ score on my final exam, my mom said she would buy me a new watch.

a. perfect
b. proper
c. balanced
d. short

8.If you want to_____ from regular exercise, you should also eat healthy foods.

a. prevent
b. progress
c. benefit
d. achieve

9.Ben's broken leg is _____ him from going on the bicycle trip.

a. rushing
b. preventing
c. eroding
d. reproducing

10.She is a(n) _____ at teaching yoga, and I have learned a lot from her classes.

a. expert
b. development
c. routine
d. exercise

11.It is very important to eat a _____ diet that contains fruits, vegetables, and whole grains.

a. perfect
b. common
c. balanced
d. rare

12.The plan we made was too difficult, so we could not_____ it.

a. bear in mind
b. wipe out
c. turn up
d. stick to

13.The car could not be_____ after the accident left it destroyed.

a. repairable
b. repaired
c. disrepair

14.How can I _____ that from happening again?

a. prevent
b. prevention
c. preventable

15.Please_____ during the lesson, or you will not remember anything for the test.

a. concentrate
b. concentration
c. concentrating

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Name_____Class_____NO.____

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