

Surname

Form

DOING EXERCISES

Judy: You exercise a lot, don't you, Tom?

Tom: Yes, I work out at least three times a week.

Judy: What kind of exercise do you do?

Tom: I lift weights in the gym and swim in the pool. And sometimes I go jogging after school.

Judy: I don't exercise at all, but I'd like to start.
What kind of exercise should I do?

Tom: Well, what do you like?

Judy: I like walking. That's exercise, isn't it?

Tom: It sure is! And it's a good way to start!



1. Tom exercises _____ a week.
a. less than three times b. three times or more
2. He _____ at the gym.
a. swims b. goes jogging c. lifts weights
3. Judy wants to _____ exercising.
a. begin b. stop
4. She asks if walking is _____.
a. good for her b. a type of exercise