

Reading Part #04

Many teenagers are interested in 1 fit. But how 2 exercise should they do? Some recent studies show that too much exercise can be just as bad for teenagers 3 too little.

Dr. Adam Erdmann, an expert on exercise, 4 "Competitive team sports 5 baseball or basketball are great for teenagers – they're fun, and they help young people learn teamwork. But some kids take 6 sport very seriously. If they play for their district or state, they could be involved in training for more than 20 hours 7 week. That's too much." Physically, teenagers are still growing, so they are more likely than adults to suffer 8 injuries like pulling muscles or breaking bones. Dr. Erdmann 9 that coaches should limit the amount of time they expect teenagers to 10 on repetitive exercises like pitching a baseball or trying to improve their tennis shots. Psychologically, expecting kids to train for too 11 can cause them to lose interest in sport altogether. If it becomes a chore, they may start to feel stressed about it, and then they won't want to do it anymore.

Another growing trend is teenagers joining their local gym, 12 must be good news. Regular exercise is a great way to keep fit and stay in 13. But as with any form of exercise, it's important to keep things in balance. Gina Rossi, a gym owner from New York, says, "I see some young girls spending hours on the exercise machines. When I talk 14 them, they always say they want to lose weight quickly, but 15 of them aren't overweight." Teenage boys are also joining gyms in increasing numbers. Gina says, "Some boys spend hours working 16 and lifting weights, because they want to get bigger muscles and a flat stomach." No one wants to discourage teenagers from going to the gym, but for a small number of young people the desire for a healthy lifestyle can become an obsession with body 17.

Most teenagers and health experts would 18 that the most important thing overall is for young people to have a healthy attitude towards exercise, and to do it because they enjoy it. Then they are more likely to have a healthy lifestyle throughout their life.

1.	a. To keep	b. Keep	c. keeping
2.	a. often	b. much	c. long
3.	a. like	b. how	c. as
4.	a. says	b. saying	c. To say
5.	a. How	b. For example	c. Such as
6.	a. our	b. his	c. Their
7.	a. for	b. to	c. a
8.	a. from	b. of	c. with
9.	a. Thinking	b. thinks	c. think
10.	a. spend	b. pass	c. give
11.	a. Short	b. long	c. Much
12.	a. which	b. Why	c. when
13.	a. fit	b. shape	c. form
14.	a. for	b. with	c. to
15.	a. most	b. much	c. little
16.	a. on	b. in	c. out
17.	a. form	b. size	c. image
18.	a. agree	b. view	c. consider