1. Reading Comprehension 1

Healthy Hobbies

Many people choose healthy activities to do in their free time. Doing yoga and jogging are two popular choices with many benefits.

*Yoga is a quiet activity. People usually do yoga in a calm room, but they can also practice **it** outdoors in a park. It helps people stretch their bodies and relax their minds. Many people do yoga every morning because it reduces stress and makes them feel happy.*

Jogging is also a valuable hobby. It is an easy-to-do outdoor exercise. You only need a pair of good sports shoes to start. People often go jogging in the evening or at the weekend. Jogging is good for the heart and keeps the body fit.

Both hobbies are excellent ways to spend your free time. They do not cost much money, and they help you stay healthy. You should try them to see which one you enjoy more.

Exercise 1: Multiple Choice Questions

Read the passage and choose the best answer for each question.

1. What is the main idea of the passage?
   a) The reasons why jogging is better than doing yoga
   b) The physical and mental benefits of yoga and jogging
   c) How to choose the best sports shoes for outdoor activities
   d) The cost of different indoor and outdoor hobbies
2. According to paragraph 2, where do people usually practice yoga?
   a) In a busy park b) In a noisy club c) In a calm room d) In a school gym
3. The word "it" in paragraph 2 refers to _____.
   a) room b) hobby c) park d) yoga
4. What do you need to start jogging?
   a) A guide book about outdoor games
   b) A pair of expensive sports clothes
   c) A map of local parks and tracks
   d) A pair of good sports shoes
5. Which of the following is NOT true about yoga and jogging?
   a) They require a lot of expensive tools
   b) They help people stay healthy and fit
   c) They are good ways to spend free time
   d) They do not cost people a lot of money

LIVEWORKSHEETS