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 5: Matching Information

Match the information (1-5) with the correct description (A-E) based on the passage.

1. ---------- **2.** ---------- **3.** ---------- **4.** ---------- **5.** ----------

Activity / Item	Description / Benefit
1. Yoga	A. The place where people usually practice yoga
2. Jogging	B. Helps people stretch their bodies and relax their minds
3. Calm room	C. Excellent and cheap ways to spend free time
4. Sports shoes	D. Keeps the body fit and is good for the heart
5. Both hobbies	E. The only item you need to start jogging

LIVEWORKSHEETS