1. Reading Comprehension 1

Outdoor Activities for a Healthy Life

Many people love outdoor activities. They go cycling in the quiet countryside. The air there is very fresh and clean.

Some teenagers prefer running in the local park every morning. Others just walk to school or to work. These daily habits are very good for our health. Regular physical exercise gives us a lot of energy for the day. ***It*** *also keeps our bodies fit and strong.*

Active people often sleep much better at night. They rarely feel tired or stressed during the day. In contrast, staying indoors for too long is not healthy. It makes our bodies weak and tired. We should spend more time in nature. A simple walk in the park can change your day. You can invite your family or friends to join you for some fun.

Exercise 1: Multiple Choice Questions

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

1. What is the main idea of the article?
   a) The popular parks in the city area
   b) The health benefits of the outdoors
   c) The correct way to ride a new bike
   d) The daily routines of school teachers
2. Where do people often go cycling to enjoy clean air?
   a) In the crowded city centre
   b) In the school playground
   c) In the local sports club
   d) In the quiet countryside
3. According to paragraph 2, what can regular exercise give us?
   a) A new bicycle for cycling
   b) A lot of energy for the day
   c) A warm lunch box for school
   d) A clean house in the city
4. The word "It" in paragraph 2 refers to _____.
   a) Regular physical exercise
   b) A local playground
   c) A quiet countryside
   d) Healthy breakfast
5. How do active people usually feel during the day?
   a) They always feel quite sad
   b) They never feel super fit
   c) They rarely feel very tired
   d) They often feel very sleepy

LIVEWORKSHEETS