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 2: True/False/Not Given

Read the passage and decide if the following statements are True (T), False (F), or Not Given (NG).

1. _____ The air in the countryside is dirty and dusty.
2. _____ Some young people run in the park every morning.
3. _____ Staying inside a house all day is very good for your health.
4. _____ Active people often spend two hours cycling every day.
5. _____ You can enjoy outdoor activities with your friends or family.

LIVEWORKSHEETS