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 6: Word Box – Gap Fill

Complete the summary below using words from the box. There are more words than you need.

cycling	*flu*	*fit*	*active*	*fresh*	*sunburn*	*energy*	*dirty*

Outdoor activities are very good for us. We can walk, run, or go _____ to stay healthy. These exercises give us a lot of _____ and keep us _____. _____ people also sleep very well. We should go outside to enjoy _____ air instead of staying indoors.

LIVEWORKSHEETS