

EXERCISE CAN BE FUN!

Read and answer the questions.



Exercise has become a huge part of our world! There are gyms everywhere, but if you're not keen on them, there are hundreds of exercise videos to choose from. Exercise is good for you. It makes you feel better, look better and can help you live longer.

But what happens if you are the kind of person who would do anything rather than spend five minutes on an exercise bike, including cleaning the house, visiting a boring relative or watching a terrible TV Program! If you are that kind of person, you need a plan!

First of all, decide when you are going to exercise. Choose three times a week, like me. Write EXERCISE in your diary, on your calendar, on the wall if necessary! Then make sure you do it. Don't do anything else. I never make other arrangements.

Next, vary what you do. I went to the same aerobics class for two years! No wonder I was bored! Now I use different machines at the gym. I often change my jogging route and I never do aerobics.

Make exercise fun and find an exercise you enjoy. Why not play a sport, or join a dance class? I recently started a modern dance class. It's great fun and I've met lots of new people, but as soon as I get bored, I'll find something else!

1 What is the writer's main aim in writing the text?

- A to describe different ways of keeping fit
- B to persuade people about the benefits of exercise
- C to talk about the exercise classes she goes to
- D to encourage people to take exercise

2 What does the writer say about herself?

- A She prefers to exercise at home.
- B She isn't keen on joining classes
- C She likes to do different kinds of exercise.
- D She doesn't like watching TV.

5 What would be another good title for the article?

- A Exercise may be boring, but it's good for you.
- B Many people do too much exercise.
- C Regular exercise is best.
- D Exercising once a week is better than nothing

3 What does the reader learn about the writer's habits?

- A She exercises
- B She often exercises with friends.
- C She does aerobics regularly
- D She runs the same route every day.

4 What does she say about her dance class?

- A She sometimes finds it boring
- B She may not do it forever.
- C She thinks some people are unfriendly.
- D She prefers doing sport.

