

Choose.

Match.

19. Did you ride _____
20. Did you watch _____
21. Did you do _____
22. Did you get _____

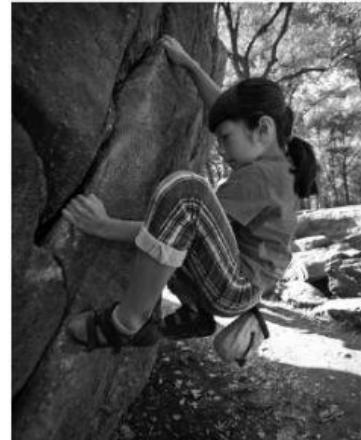
a. your homework after dinner?
b. enough rest yesterday?
c. too much TV yesterday?
d. your bike yesterday?

Read and choose.

Trees and Walls Keep Me Fit!

Do you know how trees and walls can help you keep fit? By climbing them! Climbing is fun. It's also good exercise for your body. When you climb, you use your legs, arms, hands, fingers, and toes! You also use all of the big muscles in your body. There are special climbing walls in many gyms. Some are easy to climb, and some are very difficult. Climbing is good for your brain, too, because it makes you think fast.

What do you need to climb? You don't need special clothes, but it is important to have the right shoes.



- ___ 23. When you climb, you use _____.
 - a. only your arms
 - b. only your legs
 - c. your legs and arms

- ___ 24. Climbing is good because you use _____.
 - a. only your leg and arm
 - b. all your big muscles
 - c. a few muscles

- ___ 25. Because it makes you think, climbing is also good for _____.
 - a. the brain
 - b. your body
 - c. your back

- ___ 26. When you climb, you don't need _____.
 - a. the right shoes
 - b. special clothes
 - c. muscles