Exercise Is Important

by Glenda French

Working people say, "I'm too busy. I don't have time to exercise." In school, students say, "Not sports class again!" But this is really bad!

In his study, Professor Bill Green of New York University says, "People are always very busy. Most people do not exercise. But they need to exercise three or more times a week. Exercise is very important."

Some people enjoy team sports, like soccer or basketball. Some play tennis with friends. Others like to exercise alone. They may run or go swimming. "Just do something!" says Professor Green.

Goodbye, then. I'm going to go swimming!

Write**T** if the sentence is true according to the text, **F** if it is false and **DS** if it is not said in the text.

1. Glenda French says students do not want to exercise. _____
2. Working people always have time to exercise. _____
3. Glenda French bases her article in a professor's study. _____
4. Bill Green is a journalist. _____
5. According to Bill Green, people rarely exercise. _____
6. According to Bill Green, most people exercise. _____
7. People need to exercise at least three times a week. _____
8. Team sports are better than exercising alone. _____
9. According to Bill Green, people go running with friends. _____
10. Glenda French agrees with Bill Green's ideas. _____

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