READING PRACTICE

Passage 1.

Line

Any type of regular, physical activity can improve your fitness and your health. The most important thing is that you keep moving. Exercise should be a regular part of your day, like brushing your teeth, eating, and sleeping. It can be in gym class, joining a sports team, or working out on your own. When you are ready for regular exercise, keep the following tips in mind.

First, a good mental attitude is important, so stay positive and have fun. Let's start by finding an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it more fun to exercise with someone else, so see if you can find a friend or family member to be active with you.

Second, take it one step at a time. Small changes can add up to better fitness. For example, walk or ride your bike to school or to a friend's house instead of getting a ride. Get on or off the bus several blocks away and walk the rest of the way. Use the stairs instead of taking the elevator or escalator.

Third, get your heart pumping. Whatever you choose, make sure **it** includes aerobic activity that makes you breathe harder and increases your heart rate. This is the best type of exercise because it increases your fitness level and makes your heart and lungs work better. It also burns off body fat. Examples of aerobic activities are basketball, running, or swimming.

Last, don't forget to warm up with some easy exercises or mild stretching before you do any physical activity. **This** warms your muscles up and may help protect against injury. Stretching makes your muscles and joints more flexible too. It is also important to stretch out after you exercise to cool down your muscles.

To conclude, your goal should be to do some type of exercise every day. It is best to do some kind of aerobic activity without stopping for at least 20 to 30 minutes each time. Do the activity as often as possible, but don't exercise to the point of pain.

1. **What question does the passage answer?**
   A. What can I do to get more fit?
   B. What is the best type of exercise?
   C. Is mental health more important than physical one?
   D. How can students balance life and study?
2. **According to the passage, the most important thing is that you should _____.**
   A. do exercise after you brush your teeth
   B. do mental exercise such as meditation
   C. take exercise as part of your daily routine
   D. train yourself with different aerobic activities
3. **What is the basis for choosing an activity?**
   A. Your mood B. Your interest C. A funny friend D. An active sibling
4. **According to the passage, which of the following is NOT recommended?**
   A. Getting a ride B. Cycling C. Going on foot D. Using the stairs
5. **What does the word "it" in Line 14 refer to?**
   A. What you choose B. Aerobic activity C. Your heart D. Your heart rate
6. **According to the passage, aerobic activity does NOT increase _____.**
   A. your fitness level B. your heart rate C. your lung capacity D. your body fat
7. **What does the word "this" in line 20 refer to?**
   A. Forgetting to warm up or stretching the body
   B. Warming up with some easy exercises or mild stretching
   C. Doing any physical activity including mild stretching
   D. Protecting against injury caused by aerobic exercises

LIVEWORKSHEETS

8. It is necessary to make gentle movements _____ doing aerobic activities.

A. before B. after C. while D. before and after

9. According to the passage, it is advised to _____.

A. overcome the pain to increase your fitness level
B. stop exercising before you feel painful
C. do easy exercise for less than half an hour
D. rest for a day when you start doing exercise

10. What is the tone of the passage?

A. Encouraging B. Humorous C. Critical D. Disappointing

LIVEWORKSHEETS