

Khalid works in an office where he sits all day. To stay active, he usually goes running to stay fit. A few months ago, Khalid used to either drive or ride his bike to work, however, he prefers to walk now since the weather is cooler.

According to him, there are many benefits of having an active lifestyle. He reads a lot of books, he makes sure that he drinks a lot of water throughout the day and he goes to the gym regularly. However, he says that there is nothing more important than getting a good night's sleep.

A few years ago, he decided to lose weight. He looked into aromatherapy, started to go into the gym every morning and he even tried hiking; however, none of those things worked. He spoke to a Doctor who said that if he had a balanced diet, he would lose the weight quite quickly. After following this plan for four weeks, he realized he had lost a lot of the weight. Initially, he wanted to lose anything from 5 to 7 Kg. The first week, he lost 2kg but at the end of his journey., he managed to lose a whole 10kg.

Throughout his journey, Khalid has learned a lot of things. He believes that even though it is important to stay concentrated on your goals and to keep active, even if it's just a simple exercise, he says he has learned to first love and appreciate his body. He thinks that once you are able to do that, everything else will come naturally.

Read the text and answer the questions. Choose one correct answer from each question.

1. Khalid first learned how to \_\_\_\_\_.

- a. not to lose focus
- b. Love his body
- c. eat natural food
- d. stay active



2. What helped Khalid to lose weight?

- a. he took up hiking.
- b. he started running every morning.
- c. he got into aromatherapy.
- d. he had balanced diet

3. Khalid thinks the most important thing for our health is

- a. sleep
- b. water
- c. exercise
- d. reading

4. How does Khalid get to work?

- a. he drives
- b. he walks
- c. he rides his bike
- d. he runs



5. What is the best title for this text?

- a. The right food to eat
- b. Khalid's lifestyle
- c. how to lose weight
- d. working in an office

6. How much weight did Khalid lose in the end?

- a. 5K G
- b. 2K G
- c. 10KG
- d. 7KG