IELTS Reading

Reading: Do we really need exercise?

Health experts have long noted the importance of physical activity. Exercise not only improves your appearance. It can also improve your health. Exercise helps to reduce the risk of some diseases. They include heart disease, stroke, type-two diabetes, osteoporosis and even some kinds of cancer. America's Centers for Disease Control and Prevention says heart disease is the leading cause of death in the United States. High blood pressure and high cholesterol levels in the blood can increase your risk of heart disease. Medical experts say both can be reduced through normal exercise.

Physical activity is also known to increase the release of endorphins. These chemicals reduce feelings of pain. They also help people feel happier and more peaceful. There is some debate about exactly what causes the brain to release endorphins. Some experts believe it is the act of exercising itself. Others say it is the feeling one gets from having met an exercise goal. Either way, the two things work together when it comes to improving one's emotional health.

The CDC defines physical activity as anything that gets your body moving. And, it says there are two separates, but equally important kinds of physical activity. Aerobic or cardio exercise gets your heart rate going faster and increases your breathing. Some examples are activities like walking at an increased speed, dancing, swimming or riding a bicycle. Muscle-strengthening activities help build and strengthen muscle groups in the body. This kind of exercise includes lifting weights or doing sit-ups and push-ups.

Whatever kind of exercise people do, experts agree that people should start small and work their way up. People can start by exercising ten minutes a day two times a week. After a few weeks, they can increase their time to fifteen or twenty minutes, and increase the number of days. Next, they should aim to increase the intensity of their workout. If they have been walking, they should try walking faster, or take turns between walking and jogging.

Health experts have long noted the importance of physical activity. Exercise not only improves your appearance. It can also improve your health. Exercise helps to reduce the risk of some diseases. They include heart disease, stroke, type-two diabetes, osteoporosis and even some kinds of cancer. America's Centers for Disease Control and Prevention says heart disease is the leading cause of death in the United States. High blood pressure and high cholesterol levels in the blood can increase your risk of heart disease. Medical experts say both can be reduced through normal exercise.

LIVEWORKSHEETS

IELTS Reading

Health experts have long noted the importance of physical activity. Exercise not only improves your appearance. It can also improve your health. Exercise helps to reduce the risk of some diseases. They include heart disease, stroke, type-two diabetes, osteoporosis and even some kinds of cancer. America's Centers for Disease Control and Prevention says heart disease is the leading cause of death in the United States. High blood pressure and high cholesterol levels in the blood can increase your risk of heart disease. Medical experts say both can be reduced through normal exercise.

1. **According to the paragraph 1, what is a primary benefit of exercise?**

a. heart disease
b. better health and physical characteristics
c. better eyesight
d. lower cholesterol levels

2. **What CANNOT be concluded from this paragraph?**

a. Doing physical activities for maintaining good health is significant.
b. Exercise has multiple benefits beyond appearance.
c. Heart disease is a serious health concern in the United States.
d. Exercise is a practical and effective approach to lose weight.

LIVEWORKSHEETS

Physical activity is also known to increase the release of endorphins. These chemicals reduce feelings of pain. They also help people feel happier and more peaceful. There is some debate about exactly what causes the brain to release endorphins. Some experts believe it is the act of exercising itself. Others say it is the feeling one gets from having met an exercise goal. Either way, the two things work together when it comes to improving one's emotional health.

3. **How do endorphins affect individuals?**

a. They reduce the risk of heart disease.
b. They improve emotional well-being.
c. They cause high blood pressure.
d. They lead people to feel less happy.

The CDC defines physical activity as anything that gets your body moving. And, it says there are two separates, but equally important kinds of physical activity. Aerobic or cardio exercise gets your heart rate going faster and increases your breathing. Some examples are activities like walking at an increased speed, dancing, swimming or riding a bicycle. Muscle-strengthening activities help build and strengthen muscle groups in the body. This kind of exercise includes lifting weights or doing sit-ups and push-ups.

4. **What is the CDC's definition of physical activity?**

a. Any movement that requires mental effort
b. Any form of exercise involving machines
c. Exercise of any kind
d. Only activities involving intense cardio exercise

5. **What is the purpose of aerobic or cardio exercise?**

a. To build muscle strength
b. To increase lung capacity
c. To improve emotional health
d. To increase the rate of breathing and heartbeat

6. **What are examples of muscle-strengthening activities mentioned in the paragraph?**

a. Dancing and swimming
b. Walking and jogging
c. Exercising with weights and squatting
d. Riding a bicycle and push-ups

LIVEWORKSHEETS

Whatever kind of exercise people do, experts agree that people should start small and work their way up. People can start by exercising ten minutes a day two times a week. After a few weeks, they can increase their time to fifteen or twenty minutes, and increase the number of days. Next, they should aim to increase the intensity of their workout. If they have been walking, they should try walking faster, or take turns between walking and jogging.

7. **How does the passage recommend individuals begin their exercise routine?**

a. By exercising quickly for an hour every day
b. By starting with intense muscle-strengthening activities
c. By gradually increasing the intensity and frequency of exercise
d. By focusing solely on aerobic exercises

8. **What advice does the passage give for increasing the intensity of a workout?**

a. Switching from cardio to muscle-strengthening exercises
b. Increasing the duration while reducing the frequency
c. Alternating between walking and swimming
d. Gradually increasing the intensity and the variety of exercises

LIVEWORKSHEETS