

CASAS Level 2 Practice – Fitness Theme (Multiple Choice + Reflection)

This worksheet helps you practice reading skills for the CASAS test. It also gives you a chance to reflect on your progress and build confidence. Today's theme is fitness.

Part 1: Reading a Fitness Poster

Read the poster below:

"Join the FitLife Walking Group! We meet at the City Park entrance every Tuesday and Thursday at 7:30 AM. Walk for health, fun, and friendship. All levels welcome. Call 555-321-9876 for more info."

1. When does the walking group meet?

- A. Mondays and Fridays
- B. Tuesdays and Thursdays
- C. Saturdays only
- D. Every evening

2. Where do they meet?

- A. At the fitness center
- B. At the school gym
- C. At the City Park entrance
- D. At the town hall

3. What time do they meet?

- A. 8:00 PM
- B. 6:30 AM
- C. 7:30 AM
- D. 12:00 PM

4. What is one purpose of the group?

- A. Training for a marathon
- B. Losing weight fast
- C. Fun and friendship
- D. Competing in races

Part 2: Reading a Fitness Form

Look at the form and answer the questions.

Name: James Miller

Age: 45

Exercise: Walks 3 times a week for 30 minutes

Goal: Lose 10 pounds

Doctor's Advice: Add stretching before walks

5. How old is James Miller?

- A. 35
- B. 45
- C. 50
- D. 40

6. What kind of exercise does he do?

- A. Running
- B. Yoga
- C. Walking
- D. Biking

7. How many times per week does he walk?

- A. 2
- B. 3
- C. 4
- D. 5

8. What is his fitness goal?

- A. Gain muscle
- B. Lose 5 pounds
- C. Stay healthy
- D. Lose 10 pounds

9. What did the doctor suggest?

- A. Walk faster
- B. Stretch before walks
- C. Drink more water
- D. Exercise every day