

Getting in Shape

This year, I decided I needed to start exercising to improve my health. I used to work out regularly, but I began working longer hours at my job and stopped visiting the gym.

Since the weather is beautiful this time of year, I want to exercise outside. I made a list of the exercises that I am going to try this week. On Monday, I will join friends for a game of softball. On Thursday, I am running laps around the lake. On Saturday, I have planned a bike ride to town.

I want to reach my fitness goals so that I feel better and have more energy. Keeping my workouts varied helps me stay motivated.

Did you understand the text?

1) How is the author trying to improve his health?

- ☐ a) By eating more vegetables
- ☐ b) By exercising
- ☐ c) By cooking at home
- ☐ d) By lifting weights

3) Where does he want to exercise?

- ☐ a) Outside
- ☐ b) At a gym
- ☐ c) At home
- ☐ d) At the office

5) Where will he ride his bike on Saturday?

- ☐ a) At the park
- ☐ b) On the track
- ☐ c) To town
- ☐ d) Near the water

2) Why did he stop working out?

- ☐ a) He had an ankle injury.
- ☐ b) He went on a vacation.
- ☐ c) He didn't like exercising.
- ☐ d) He began working longer hours.

4) What is the exercise for Thursday?

- ☐ a) Softball
- ☐ b) Baseball
- ☐ c) Running laps
- ☐ d) Swimming

6) How does he stay motivated?

- ☐ a) By making a chart
- ☐ b) By doing different exercises
- ☐ c) By rewarding himself
- ☐ d) By exercising with friends