

## 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