1. Reading Comprehension 1

Healthy Hobbies

Many people choose healthy activities to do in their free time. Doing yoga and jogging are two popular choices with many benefits.

Yoga is a quiet activity. People usually do yoga in a calm room, but they can also practice ***it*** *outdoors in a park. It helps people stretch their bodies and relax their minds. Many people do yoga every morning because it reduces stress and makes them feel happy.*

Jogging is also a valuable hobby. It is an easy-to-do outdoor exercise. You only need a pair of good sports shoes to start. People often go jogging in the evening or at the weekend. Jogging is good for the heart and keeps the body fit.

Both hobbies are excellent ways to spend your free time. They do not cost much money, and they help you stay healthy. You should try them to see which one you enjoy more.

Exercise 6: Word Box – Gap Fill

Complete the summary below using words from the box. There are more words than you need.

stress *calm* *healthy* *benefits* *judo* *shoes* *furniture* *cost*

Doing yoga and jogging are two hobbies with many .....\. You can practice yoga in a ..... room to reduce .....\. To start jogging, you only need sports .....\. Both hobbies help people stay ..... and fit.

LIVEWORKSHEETS