

Word Bank:

allergic, reduce, brain, breathe, depressed, diabetes, dramatic,

infection, lead to, lungs, obesity, suffer from, blind, heart, stroke

Arthur's Health Journey

Arthur is one of the millions of people who (1) _____ asthma. When the weather is cold, his (2) _____ feel tight, and it becomes very difficult to (3) _____ in and out.

However, his biggest problem today is his weight. He has (4) _____, and he recently made a (5) _____ change to his diet because his doctor warned him. Being severely overweight can (6) _____ many other serious illnesses. For example, he might develop type 2 (7) _____, a condition that, if not controlled, can sometimes cause a person to go (8) _____. Also, extra weight puts a lot of stress on his (9) _____ and increases the risk of a (10) _____, which is a dangerous event that happens when the blood supply to the (11) _____ is suddenly cut off.

Dealing with all these physical problems has made Arthur feel quite (12) _____ lately. He knows he needs to start exercising to (13) _____ his health risks, but he is worried about catching an (14) _____ at a crowded public gym. Fortunately, he is not (15) _____ to the cold air, so he decided to just walk outside in the park, which is much safer and helps him stay healthy.

