

Reading

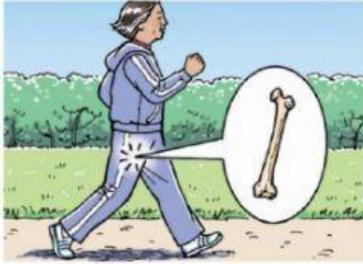
Please look on p. 218.

Read about walking and health

1 BEFORE YOU READ

A CHOOSE. Complete the sentences with the vocabulary in the box.

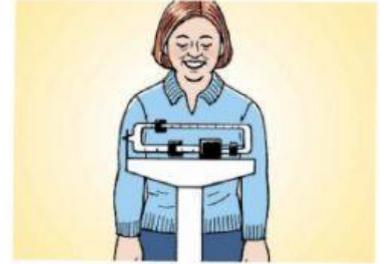
energy getting stronger losing weight



1. Her bones are _____



2. He has a lot of _____



3. She's _____

Talk to a friend.

B TALK ABOUT IT. Do you walk a lot? Do you think walking is good for you? Why or why not?

2 READ

B Listen and read.

Academic Skill: Apply what you read

Use what you learn from the reading to think about the world. Does the information change your ideas? Can it be useful to you, your family, or your friends?

Walk Your Way to Good Health!

It's free. It's easy. It's good for you. And guess what? You already do it every day. What is it? Walking.



Most people walk 4,000 steps every day.

When you walk every day:

5 You have a lot of energy. Your bones get strong. Your heart gets strong, too. You prevent heart disease and other health problems.

10 For good health, you should walk 10,000 steps a day (about five miles). Taking 10,000 steps a day burns about 2,000 to 3,500 calories

15 a week. There are 3,500 calories in one pound of body fat. So walking can also help you lose weight.

Most people walk 4,000 steps a day. These 4,000 steps are part of your daily routine. You walk from the bedroom to the kitchen. You walk to your car or the bus stop. You walk from the entrance of your school to your classroom. So you need only 6,000 more steps a day.

Here are some ways to add steps to your daily routine:

- 25 • Don't take the elevator. Take the stairs.
- Walk when you talk on the phone.
- Get off the bus one stop early. Then walk the rest of the way.
- Don't park near the place you're going.
- 30 It's easy. So what are you waiting for? Start walking!

Look on p. 219. Notice the numbers next to the lines of text. Answer the following questions. Write the number or numbers from the reading where you can find the information.

CITE EVIDENCE. Complete the sentences. Where is the information? Write the line number.

- | | Lines |
|--|-------|
| 1. Walking will help you _____. | |
| a. prevent heart disease | |
| b. make friends | |
| c. save time | _____ |
| 2. You need to walk _____ to help your heart and bones get strong. | |
| a. fast | |
| b. every day | |
| c. upstairs | _____ |
| 3. Everyone should walk _____ steps a day for good health. | |
| a. 2,000 | |
| b. 6,000 | |
| c. 10,000 | _____ |
| 4. When you walk 10,000 steps, you are walking _____ miles. | |
| a. 2 | |
| b. 5 | |
| c. 10 | _____ |
| 5. To lose a pound of body fat, you need to use _____ calories. | |
| a. 2,000 | |
| b. 3,500 | |
| c. 3,000 | _____ |
| 6. Add steps to your day! When you take the bus, _____. | |
| a. don't sit down | |
| b. get off early and walk | |
| c. run to the bus stop | _____ |

Please complete the sentences with the correct vocabulary at the bottom of p. 219.

4 SUMMARIZE

Complete the summary with the words in the box.

energy health heart steps weight

Walking is good for your (1) _____. Walking every day gives you a stronger (2) _____, stronger bones, and more (3) _____. It helps prevent health problems and helps you lose (4) _____. For good health, walk 10,000 (5) _____ a day (about five miles). It's free and easy to do.

Think. What can you do to add more steps to your daily routine?

Please write an idea below.

Show what you know!

1. **TALK ABOUT IT.** How can you add steps to your daily routine?

2. **WRITE ABOUT IT.** Explain how you can add steps to your daily routine.

To add steps to my daily routine, I can _____.