Name: _____

Salim is an accountant and works for a major company in Al Ain. As he works in an office where he sits all day, it is important for Salim to stay active. A few months ago, Salim used to either drive or ride his bike to work, however, he prefers to walk now since the weather is cooler.

According to Salim, there are many benefits of having an active lifestyle. He makes sure that he drinks a lot of water throughout the day and he goes to the gym regularly, however, he says that there's nothing more important than getting a good night's sleep. Sleeping well at night will allow you to start your day feeling bright and fresh.

A few years ago, Salim found himself to be overweight and he wanted to do something about it. He started going to the gym every morning and he even tried hiking; however, he didn't enjoy any of those things. He spoke to a doctor who said that if he had a balanced diet, he would lose the weight quite quickly. After following this plan for 4 weeks, Salim realised he had lost a lot of the weight, which he was really happy about.

Throughout his journey of trying to live a more active and healthy lifestyle, Salim has learnt a lot of things. For example, he believes that it is important to concentrate on your goals and to keep active. Even if it's just simple exercise. However, Salim found that first he had to learn to love and appreciate his body. He thinks that once you are able to do that, everything else will come naturally.

	Read and identify specific information.
1	How does Salim get to work now? **A.** He walks **B.** He drives **C.** He rides his bike
2	Salim thinks the most important thing for our health is _____? **A.** water **B.** sleep **C.** exercise
3	What helped Salim to lose weight? **A.** He took up hiking **B.** He started going to the gym **C.** He ate more healthily
4	What was the most important thing that Salim learnt? **A.** To always stay active **B.** To learn to love his body **C.** To decide not to lose focus
	Read and identify the overall meaning.
5	What is the best title for this text? **A.** Salim's Lifestyle **B.** How to Lose Weight **C.** Working in an Office

PART 2 = MAZE

Staying Hydrated

Drinking water has a lot of **1 (average / benefits / important).** Our brain is mostly made of water, and we need to drink plenty of it to help us think and **2 (concentrate / concentrating / concentrated).**

Drinking water helps our body to get **3 (rid / clean / out)** of things we don't need, which means that we stay healthy. **4 (Because / How / If)** we are dehydrated, our brain doesn't function as well as it **5 (should / would / must),** leading to problems with our memory and **6 (sleep cycle / tired / awake)**

If the weather is hot, or if we do **7 (many / lots / few)** of exercise, we sweat, which means our body loses water. This is why it's important to stay **8 (hydrated / hydrate / hydrating)** to replace what we lose.

If we don't drink enough water, we might become **9 (relaxed / stressed / calm),** feel tired and perhaps forgetful; we may even suffer from **10 (aches / cycle / effects)** in our bodies. Drinking lots of water will prevent this.