

Most people would agree with the definition of good health as being a state where you are free from sickness. Despite this, there are many different opinions about how a person can actually have good health. People used to only think of their health when they were sick. But these days more and more people are taking measures to make sure that they do not get sick in the first place. In this article I will describe a few of the most common things that you can do to stay healthy.

One of the best things you can do for your body is exercise. But how much is enough? Not everyone agrees on exactly how much people should exercise each day. Some people think that doing simple things like cleaning the house are helpful. Other people do heavy exercise everyday such as running or swimming. One thing experts do agree on is that any kind of exercise is good for you.

Along with exercise, having a healthy diet can help promote good health. Foods like vegetables and fruits should be eaten several times each day. It is also important to eat foods high in fiber such as beans, grains, fruit and vegetables. Fiber helps your body to digest the food you eat. It also helps your body in other ways such as decreasing the chance of getting some cancers, heart disease and diabetes. Avoiding foods with a lot of sugar, salt and fat is a good idea.

In today's modern world, we all have some level of stress in our lives. Different things cause stress for different people. Money problems, work and relationships with other people can all cause stress. Instead of trying to remove stress, people need to be aware of what causes them and find ways to reduce the impact that stress has on their lives.

There are several ways to fight against stress in your life. Exercise and sports are a great way to reduce stress. Other activities like Tai Chi, yoga or taking a walk also help reduce stress. Changing the way you think can also reduce stress. Try living for now, and do not worry about the future.

(Adapted from: [http://www.eslreadinglessons.com/good\\_health.htm](http://www.eslreadinglessons.com/good_health.htm))

1. The author's attitude regarding good health in the passage is ....
  - A. Pessimistic
  - B. Assertive
  - C. Objective
  - D. Responsive
  - E. Reactive
2. What topic does the paragraph following the passage most likely discuss?
  - A. how to educate people about stress
  - B. kinds of sports to reduce stress
  - C. eating healthy foods to avoid stress
  - D. how peaceful mind helps relieve stress
  - E. different types and levels of stress
3. What is the best summary of the passage?
  - A. Doing physical exercises and maintaining healthy diet can effectively lead to a better life. Avoiding too much stress in life is another important measure to take.
  - B. Eating good food makes us healthier and more balanced. With lots of fibers in food, we can easily fight cancer including agents.
  - C. Critical thinking makes us stressed and uncontrolled. This will eventually erode our well-being and in the long run posing us to serious illness.
  - D. To stay healthy, one should spend a lot of money on good food and going to the fitness center for well-controlled sports. This is also a way to reduce stress.
  - E. The way we think about life, food, sports and relationships determine the level of stress we have. We have to control our mind to stay healthy.
4. It can be hypothesized from the passage that ....
  - A. the more we eat, the little risk we will suffer from sickness
  - B. the younger we are, the more likely we will get stress
  - C. the more varied the exercise we do, the healthier we will be
  - D. the less physical exercise we do, the more likely we will get sick.
  - E. the more problems we face, the farther we are from being healthy

5. "Instead of trying to remove stress..."  
(paragraph 4) what is the underlined word  
mean?
- A. Additional
  - B. Eliminate
  - C. Put on
  - D. Disrobe
  - E. Withdraw