

A Match the topic sentences and supporting details.

You can learn to manage your time by planning around team activities like games and practices.

Most of them use things you probably already have in your home, like lemons, onions, or olive oil.

Sleeping well is as important for weight loss as exercising.

Aerobic exercise, such as running or swimming, can make your heart and lungs stronger.

Regular visits to the doctor can prevent you from getting really sick.

1. **Topic sentence:** Exercising regularly is important for a healthy lifestyle.

Supporting detail:

2. **Topic sentence:**

Supporting detail: Poor sleep can increase feelings of hunger and cause you to eat more.

3. **Topic sentence:** Playing a team sport helps you develop useful skills.

Supporting detail:

4. **Topic sentence:** Natural remedies can be a great way to cure health problems.

Supporting detail:

5. **Topic sentence:**

Supporting detail: Yearly check-ups can detect health problems early, so they can be treated easily.

B Match the three types of supporting details to the three details given in the text (a–c).

1. explanation _____

2. reason _____

3. example _____

Physical activity is important for everybody to keep healthy. Not doing any exercise can cause serious problems for your body. **(a) People who don't do regular exercise are at risk of developing life-threatening health problems, such as heart disease, high blood pressure, or osteoporosis.** If you keep active, your bones, joints, muscles, and heart will all stay younger. **(b) In this case, "active" means getting your heart rate to up to 80% of its maximum.** This kind of exercise might sound uncomfortable for some people, but it's necessary a few times a week if you want your body to work longer. **(c) This is because intense physical activity is beneficial at the cellular level and helps the body repair itself.** So, if you want to avoid physical problems in old age, exercise including some intense activity must be part of your routine.