READING

Online FAQs

1 Match the photos (a–d) with the FAQs and answers (1–4).

Home News FAQs

Read some of our FAQs about keeping fit and healthy during the school week and study sessions.

1 **Q** What can I do to get active during a school day and when can I do it?

A Getting exercise on a school day can be easy. Not enough people cycle or walk to and from school. And if that takes too much of your time, then use your lunch break to exercise or join a sports club after school.

2 **Q** I spend too much time sitting at a desk and not enough time on my feet. What can I do?

A We spend too many hours sitting at a desk or in front of a **screen**. Standing up exercises many different **muscles**. These muscles can become **weak** when we don't use them enough. You can now buy **adjustable** desks, which you can make higher so you can stand up while working. It's a good idea to stand and walk around every half an hour during long study sessions.

3 **Q** What are fitness balls and how can they help me?

A Some people say they feel too silly sitting on a big plastic ball. But fitness balls are a great way to work out, as they help to build the muscles in your **back** and **stomach** … all while you're sitting down! A fitness ball for home study is perfect for long hours sitting at a desk.

4 **Q** There is too much noise and stress in my life. How can I get a little quiet time?

A One word: yoga. The practice of yoga is hundreds of years old and when you find a little time between studying and exams to relax in this way, you can concentrate better. It's free and it's easy to do alone!

GET MORE INFORMATION HERE

2 Match the words in bold in the online FAQs with the meanings.

1 you need these to carry heavy objects muscles
2 the opposite of strong _____
3 where food goes in the body _____
4 the part of a computer where you see words or pictures _____
5 if something is this, you can change it to make it better. _____
6 the part of the body which is opposite to the front _____

3 Read the online FAQs again and answer the questions.

1 What times of the day can students do exercise, according to the FAQs?
Before and after school and at lunchtime.
2 What can happen to the body when we don't stand up regularly?
_____
3 How often do you need to move around when studying?
_____
4 Why is the fitness ball unpopular with some people?
_____
5 How can a fitness ball help your body?
_____
6 Which activity can students do to relax, according to the FAQs?
_____

4 Answer the questions.

1 Which of the things in the FAQs have you tried?
_____
2 Think of one more FAQ about young people's health and fitness.
_____

LIVEWORKSHEETS