

How to Stay Safe While Staying Fit

Staying active is important for your body and mind, but doing it the wrong way can lead to pain or injuries. Before you start any physical activity, you must warm up. If you should wear the right clothes and shoes for the activity, you can injure your feet or back. You should stay hydrated. If you're just starting, don't overdo it. Your body needs time to adapt, you should put ice. If you *feel* sore and take a break.

Sometimes, things go wrong. If your shoulder or ankle is swollen and red. To help reduce exercising right way helps you stay fit and safe.

Choose the correct answer:

1. Why is warming up important?

- a. To drink more water
- b. To prepare muscles
- c. To win a race
- d. To sleep better

2. What happens if you don't warm up?

- a. You gain weight
- b. You run faster
- c. You might get injured
- d. You feel more flexible

3. What clothing advice does the text give?

- a. Wear tight clothes
- b. Wear sandals
- c. Wear proper shoes
- d. Don't wear socks

4. What must you do during exercise?

- a. Avoid drinking water
- b. Talk with friends
- c. Stay hydrated
- d. Listen to music

5. What should you do if you feel tired?

- a. Keep going
- b. Stop and rest
- c. Call someone
- d. Take medicine

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6. What does your body need when starting a new routine?

- a. Fast results
- b. High speed
- c. Time to adjust
- d. Expensive equipment

8. What should you do if something is swollen and red?

- a. Ignore it
- b. Put ice
- c. Use hot water
- d. Take a shower

9. What must you do if the pain stays?

- a. Take vitamins
- b. Eat more
- c. Visit a doctor
- d. Drink juice

10. What is the main idea of the reading?

- a. Eat healthy food
- b. Exercise every day
- c. Exercise safely to avoid injury
- d. Don't stretch after sports

a. Choose the best answer?

- b. Eat healthy food
- c. Exercise every day
- d. Don't stretch after sports