

Passage 5:

Outdoor activities provide numerous benefits for individuals of all ages. Spending time outdoors not only promotes physical health but also enhances mental well-being. Whether it is hiking, cycling, or simply taking a walk in the park, engaging in outdoor activities offers a range of advantages.

Firstly, outdoor activities contribute to improved physical fitness. **They** provide an opportunity to engage in physical exercise, which helps strengthen muscles, increase endurance, and improve cardiovascular health. Additionally, being outdoors exposes individuals to natural sunlight, which is a vital source of vitamin D, essential for bone health and the immune system.

Secondly, outdoor activities have a positive impact on mental health. Spending time in nature has been linked to reduced stress levels and improved mood. The peacefulness and tranquility of natural environments can help **alleviate** anxiety and promote relaxation. Moreover, outdoor activities often involve social interaction with friends, family, or even strangers, fostering a sense of connection and community.

Lastly, outdoor activities encourage environmental awareness and appreciation. Spending time in nature allows individuals to witness the beauty and wonders of the natural world firsthand. This experience can cultivate a sense of responsibility towards the environment, leading to a greater desire to protect and preserve it.

Question 1: What would be the best title for the passage?

- A. The Importance of Vitamin D in Outdoor Activities
- B. The Positive Effects of Engaging in Outdoor Activities
- C. How Outdoor Activities Improve Physical Fitness
- D. Exploring the benefits of sports

Question 2: What does the word "**They**" in paragraph 2 refer to?

- A. muscles
- B. opportunities
- C. physical fitnesses
- D. outdoor activities

Question 3: What does the word "**alleviate**" in paragraph 3 mostly mean?

- A. intensify
- B. develop
- C. lessen
- D. ignore

Question 4: How can spending time outdoors impact mental well-being?

- A. By strengthening muscles and increasing endurance