

The Benefits of Exercise

I. Read the Text

Exercise is one of the best ways to stay healthy. People who exercise regularly have stronger muscles, healthier hearts, and more energy during the day. Physical activity can also reduce stress and improve mental health. Many people think they need to spend hours at the gym, but even walking for 30 minutes every day can make a big difference. In addition, exercising with friends or family can be more enjoyable and help people stay motivated. Doctors recommend that adults exercise at least 150 minutes every week to maintain good physical and mental health.

II. Answer the questions according to the text

1. What is one benefit of regular exercise?

- a) It makes people sleep less.
- b) It improves physical and mental health.
- c) It causes stress.
- d) It weakens the heart.

2. How long can a daily walk make a difference?

- a) 10 minutes
- b) 15 minutes
- c) 30 minutes
- d) 60 minutes

3. Why is exercising with friends recommended?

- a) It is more expensive.
- b) It helps people stay motivated.
- c) It is mandatory.
- d) It is faster.

4. How many minutes of exercise do doctors recommend every week?

- a) 60
- b) 90

c) 120

d) 150

III. True or False

T OR F

1. Exercise can reduce stress. ()
2. People should only exercise in a gym. ()
3. Doctors recommend exercising 150 minutes every week. ()

IV. Matching

A	B
1. stronger muscles	a. physical benefit
2. reduce stress	b. mental benefit
3. walking	c. simple exercise