

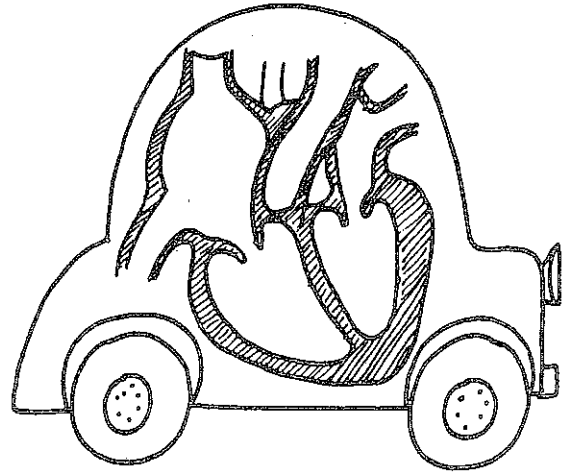
Name \_\_\_\_\_

## Why Should You Exercise?

Do you know that the human body and a car have something in common? Both need tune-ups to work efficiently. Just as a car engine needs oil to make the parts go, a body needs oxygen to work. Exercise helps bring more oxygen to the body. So you might say that exercise is a tune-up for the body.

Not only does exercise help the body by increasing the flow of oxygen, but it helps the heart, too. Even a simple walk can make the heart pump faster. By pumping faster, the heart works harder and becomes stronger. Therefore, exercise can help keep your heart young and healthy.

Besides these two very important reasons to exercise, activity can help a person feel better. Exercise such as swimming, bicycling, and walking can be fun and relaxing. Experts say that exercise reduces stress and makes a person more cheerful.



Remember, your body, like a car, is made to move. When it doesn't, things start to break down. It's up to you to make sure that your body is in top condition.

1. In one paragraph, summarize the main idea of this article.

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2. Why is your body like a car? \_\_\_\_\_

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3. What three important benefits does exercise give you?

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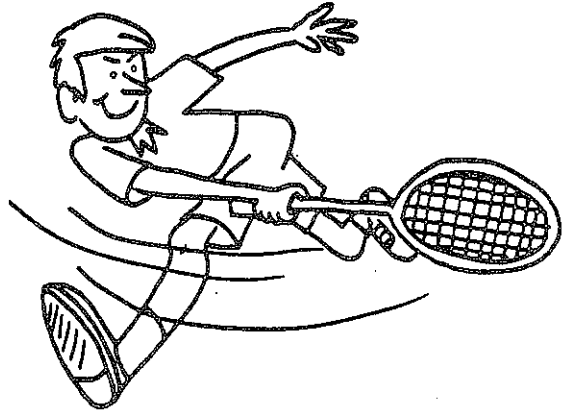
4. What is oxygen? \_\_\_\_\_

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# More Good Reasons to Exercise

## EXERCISE CAN . . .

1. **HELP YOU LOSE WEIGHT.** When you diet and exercise, you lose fat and gain muscle. Exercise helps burn body fat.
2. **KEEP YOUR REACTIONS SHARP.** Without exercise, your reaction time may slow down. People who play hockey, racquet games, and volleyball have good reaction times.
3. **LOWER THE RISK OF SOME DISEASES.** Studies show that people who exercise have fewer heart attacks than those who don't. Studies also show that through exercise people can often lower their blood pressure and reduce the number of headaches they get.
4. **BUILD STRONGER BONES.** Doctors who study bones say that those people who exercise have stronger and larger bones. This, in turn, makes them stronger.



1. In a paragraph, write the main idea of this article.

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2. List the benefits of exercise.

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3. What sports develop players with good reaction times?

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4. If you wanted to lose weight, what would you do?

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Name \_\_\_\_\_

## Ready...Get Set...Go!

You are comfortably napping in bed. Outside you see the rain coming down. Or, you are on a warm and sunny beach relaxing on a blanket. But both times you are not truly resting. Inside your head, a little voice is buzzing and telling you to get up and exercise. You want to swat the thought out of your head as though it were a pesky fly.

Sometimes it is hard to get started on the exercise road. So what can you do to start and stick with a program of exercise?

**First, plan an exercise that is easy.** Don't try swimming 100 laps a day at first. Set a goal that you can reach each day.

**Second, stick to a plan.** Sometimes it is helpful to keep a chart or a diary. It is better to exercise a little each day than to overdo it on weekends.

**Third, don't expect magic results.** You will improve, but improvement takes time. You may even be stiff and sore when you first work out.

**Fourth, make time for exercise each day.** You need only about 30 minutes a day. Get up earlier or give up a TV program.

**Finally, choose an exercise that is fun for you.** If jogging is work, try walking or cycling. If you enjoy your exercise, chances are you will stick to it.

1. In a few sentences, explain this article. \_\_\_\_\_

\_\_\_\_\_

2. Why should you choose an exercise that is easy? \_\_\_\_\_

\_\_\_\_\_

3. How can you fit an exercise period into your day? \_\_\_\_\_

\_\_\_\_\_

4. Why is it helpful to have an exercise plan? \_\_\_\_\_

\_\_\_\_\_

**BONUS:** Make an exercise plan for yourself. Include the times and types of exercises you will do.

## What Makes Johnny Run?

Do you know that over 3 million people in this country exercise by running? Running improves breathing and strengthens the heart. It also strengthens the legs, muscles, and bones. Running can even help keep you thin. Best of all, running requires no equipment and no organized team. You can run alone, and you can set your own *stamina* goals.

To make running a safe and good exercise, you should follow a few important rules:

1. **Choose good running shoes.** Make sure they fit and are comfortable.
2. **Stretch your muscles before you begin.** Chances are you will hurt less if you warm up before you run.
3. **Cool down after a run.** Spend the last five minutes walking. Do some stretching to allow your blood to return to your heart from your arms and legs.
4. **Keep your back straight and your head forward as you run.** Running in a good position will help you avoid hurting your back.



1. Write another title for this article.

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2. How does running improve your health? \_\_\_\_\_

\_\_\_\_\_

3. Why do you need to "cool down" after running? \_\_\_\_\_

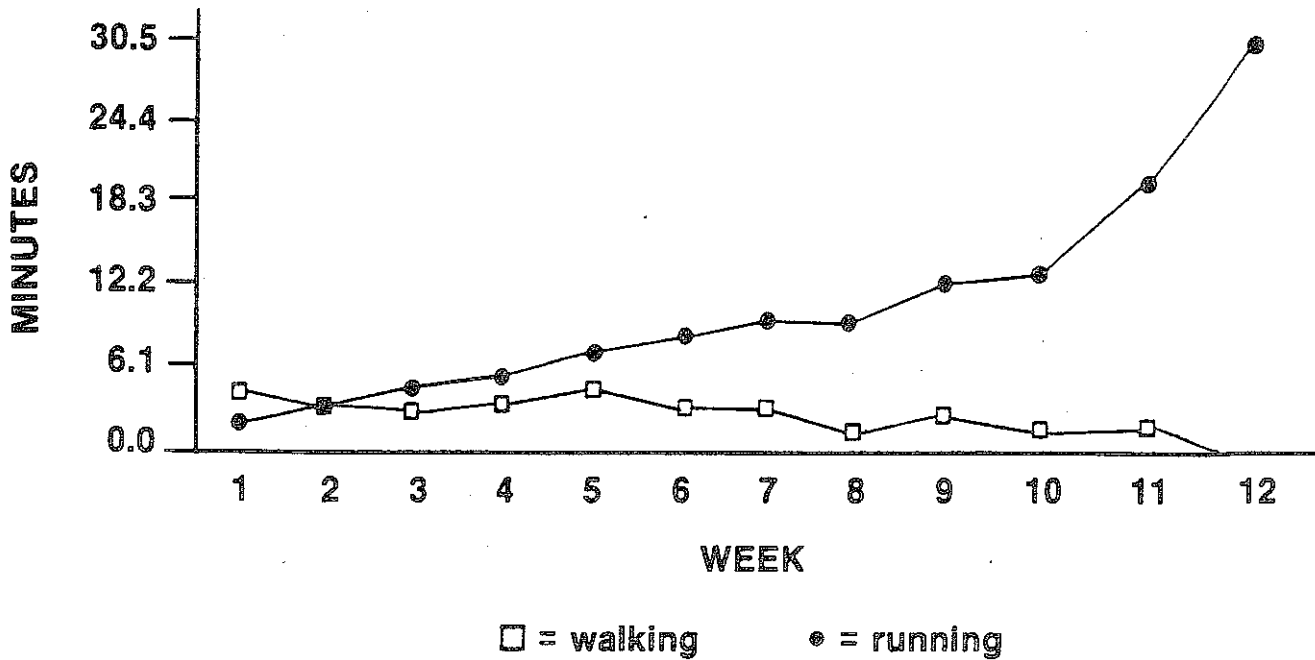
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4. Why are good running shoes important? \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

# Walking and Running — Building Endurance



When you start a running program, it is important to mix running with walking. You should try to alternate the running and walking minutes, for a total of 30 minutes each session.

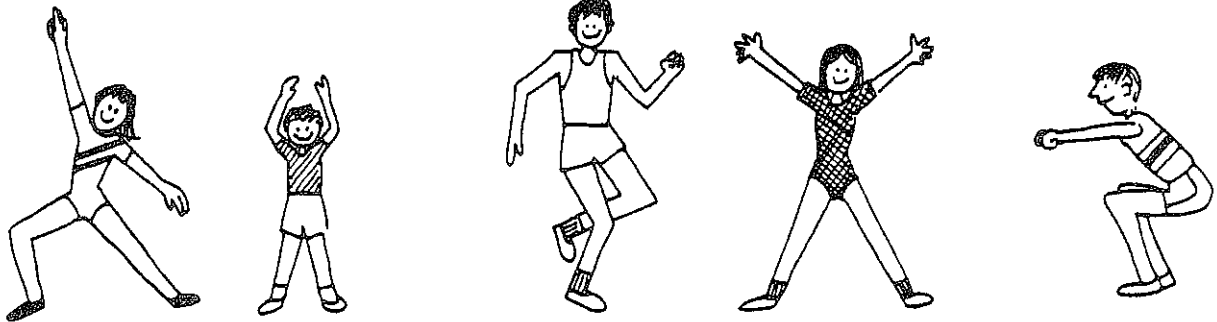
1. What type of graph is this? \_\_\_\_\_
2. What two activities are represented by the lines?  
\_\_\_\_\_
3. What do the vertical numbers represent? \_\_\_\_\_
4. What do the horizontal numbers represent? \_\_\_\_\_
5. During week 1, about how many minutes should you walk? \_\_\_\_\_  
About how many minutes should you run? \_\_\_\_\_
6. During week 4, about how many minutes should you walk? \_\_\_\_\_  
About how many minutes should you run? \_\_\_\_\_
7. During week 8, about how many minutes should you walk? \_\_\_\_\_  
About how many minutes should you run? \_\_\_\_\_
8. What should happen as the weeks pass, according to this graph?  
\_\_\_\_\_

## Aerobics Can Be Fun

**AEROBICS!** What does that word mean? Everyone seems to have a video tape on aerobic exercise.

To be a true aerobic exercise, a physical activity must work the heart and lungs for about 30 minutes without stopping. This type of exercise helps make the heart more *efficient*. That is, the heart pumps blood through the body more easily in those people who practice some form of aerobic exercise.

Aerobic dancing makes exercise fun! The dances are designed to fit a certain type of music. The steps might include hopping, skipping, stretching, or running. But, **BEGINNERS MUST BE CAUTIOUS**. As with any other exercise, it is important to begin slowly and gently. If you decide to join an aerobics class, do NOT try to keep up with the instructor the first day. Use common sense. If you decide to exercise to a video tape at home, find one that is comfortable for you. As you do aerobic exercises, it is important to remember to breathe deeply. Also, to be safe, you should include warm-up and cooling-down stretches as part of your routine.



1. In one paragraph, summarize the main points of this article.

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2. What is aerobic exercise? \_\_\_\_\_

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3. How is aerobic dancing different from aerobic exercise? \_\_\_\_\_

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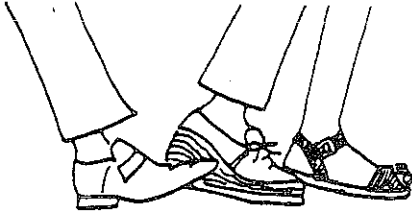
4. Why should a beginner be cautious? \_\_\_\_\_

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## Walking: The Best Daily Exercise

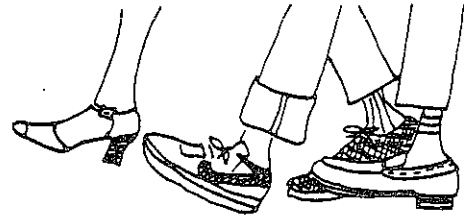
Walking is the best type of daily exercise. Why??



IT IS SAFE.

IT IS EASY.

IT IS CHEAP.



Walking is just about the easiest aerobic exercise. Walking improves the efficiency of your lungs and heart. As you become a more experienced walker, however, you need to pick up your pace and cover more distance to get the aerobic benefit.

But, not only is walking aerobic, it is also a good exercise for losing weight. One study shows that when several overweight women walked at least 30 minutes a day, they lost weight, even without dieting. And, they lost an average of 22 pounds in one year! In addition, walking improves blood circulation, improves muscle tone, and helps relieve stress.

When walking for exercise, walk faster than you would when strolling through the mall. Take long strides and swing your arms back and forth. Be consistent. Walk every day. With an average walking speed of three miles an hour, you'll burn between 235 and 350 calories per hour. The rate depends on your weight. The more you weigh, the more calories you burn. So . . . happy walking!

1. Write three rules for good walking.

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2. Why is walking considered the best type of exercise? \_\_\_\_\_

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3. What is the difference between walking and strolling? \_\_\_\_\_

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4. How many calories will you burn in a half-hour walking at the average rate?

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Name \_\_\_\_\_

## Everyone into The Pool

Swimming is one of the most popular sports in the world. Not only is swimming good exercise, it is also fun and cools off a warm body. Swimming provides the same conditioning as running or cycling, but the swimming has to be non-stop. Splashing around in the pool is *not* swimming.

To get fit fast you need to swim at least twice a week for 15 minutes each time. The workout has to be a good one. That is, you have to swim about 25 yards every minute. If your pool is 25 yards long, you would have to do 15 laps in 15 minutes!

However, you don't need to swim laps to get into shape in the water. You can get the benefits of swimming in other ways. Water aerobics has become very popular. In this sport, you do aerobic exercises in the water. The water provides resistance and increases the benefits of your workout. The water also protects you from injury.



Another good water exercise is kickboard swimming. The kickboard holds up your upper body. You move yourself through the water by holding the board in front of you and kicking.

So it really doesn't matter if you use a kickboard, swim laps, or do water aerobics. A pool is a good place to get into shape!

1. Write the three major ideas in this article.

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2. What is the fastest way to get fit in a pool?

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3. What are water aerobics?

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4. If you want to keep fit, but you have back problems, which exercise would be better - swimming or running? Why?

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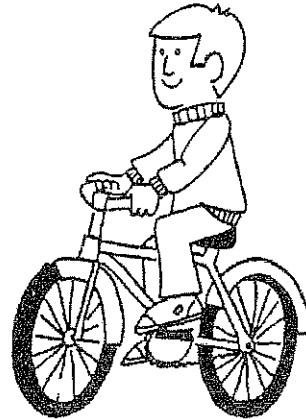
Name \_\_\_\_\_

## Pedal Power

See America! Enjoy the scenery of the woods, the deserts, the mountains, and the seashore. See it on a bike! Bicycling is, with good reason, one of the most popular sports in America. You can ride a bike at almost any age and benefit from the exercise.

If you haven't ridden your bike in awhile, begin slowly. Ride about 30 minutes, three days a week. Practice shifting gears. Don't push your pedals in a gear that is too high. Cycling should be relaxing. As you build your strength, you can ride faster and longer. It is a good idea to *alternate* your longer rides with shorter ones.

Ride your bike to school. Make it a habit to use your bike to do errands. Buy a little bag or basket for carrying things. Don't forget to buy a lock. You don't want your bike stolen!



If you are planning to buy a new bike, there are several kinds from which to choose. There are three-speed and ten-speed bikes, fat-tire mountain bikes, and touring bikes. Choose the bike that is best for you.

1. In one paragraph, summarize the main points in this article.

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2. Why is bicycling an interesting sport? \_\_\_\_\_

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3. How can a bicycle be used other than in an exercise routine?

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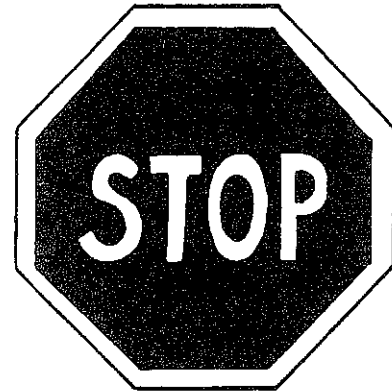
4. What do you think a stationary bike might measure?

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Name \_\_\_\_\_

## Bicycle Rules of the Road

1. **CROSS INTERSECTIONS WITH CARE.** If traffic is heavy, walk your bike across. Most bike accidents happen at intersections.
  2. **BEWARE OF PARKED CARS.** A door might suddenly open, forcing you into traffic. A car might pull out into traffic right in front of you.
  3. **OBEY TRAFFIC LAWS.** Signals, lights, and signs are for bike riders as well as drivers of cars.
  4. **KEEP TO THE RIGHT.** Ride single file and always ride with the traffic.
  5. **BE PREDICTABLE.** Signal in advance to turn or stop. Then use both hands to control your bike.
  6. **YIELD TO CARS.** Remember, a car is faster, bigger, and heavier than a bike. If a bike runs into a car, the bike loses.
  7. **DON'T SHOW OFF.** Don't do tricks in traffic. Don't race or weave. Concentrate on the road.
  8. **THINK AHEAD.** Anticipate others' mistakes. Leave room for defensive action.
  9. **AVOID HEAVY TRAFFIC.** Use bike paths whenever possible. Keep off high-speed highways.
  10. **WATCH FOR PEDESTRIANS.** Give pedestrians the right of way. Warn them with a bell or a few words if you are going to pass them on a path or sidewalk.
1. Combine these rules into a paragraph on bicycle safety.



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2. Which three rules do you think are most important?

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3. Why must you think ahead while riding a bike? \_\_\_\_\_

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4. Why should you always yield to a car even if you are right? \_\_\_\_\_

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