

Name: \_\_\_\_\_.

Grade: \_\_\_\_\_. Group: \_\_\_\_\_. Date: \_\_\_\_\_.

**Read and answer the questions.**

**1. What is** the title of the article?

\_\_\_\_\_.

**2. What do** you think the article is about?

\_\_\_\_\_.

**3. Do you** agree that exercising helps you to have better health? Explain.

\_\_\_\_\_.

**4. How can** you start working out?

\_\_\_\_\_.

**5. What does** good health mean?

\_\_\_\_\_.

**6. What do** you need to maintain good health?

\_\_\_\_\_.

**7. What are** some consequences of having a sedentary lifestyle?

\_\_\_\_\_.

**8. What is** the risk of poor nutrition? Explain.

\_\_\_\_\_.

**9. Why is** smoking unhealthy?

\_\_\_\_\_.

**10. Can** alcohol be bad for your health?

\_\_\_\_\_.

