



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

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

**Read and answer the questions.**

1. **What happened** with people who continued exercising but didn't continue a diet?

\_\_\_\_\_.

2. Referring to the article, **what are** some key factors to having good health?

\_\_\_\_\_.

3. When people have decided to adopt a healthy lifestyle, **what are** the two hard things to do?

\_\_\_\_\_.

4. **What is** the misunderstanding belief about losing weight?

\_\_\_\_\_.

5. **Why might** losing weight **improve** some risk factors? Explain.

\_\_\_\_\_.

6. **What could be** an easier way for people to maintain their weight?

\_\_\_\_\_.

7. **How could** technology **help** people to get better health?

\_\_\_\_\_.

8. **What are** two specific exercises to maintain glucose and insulin levels?

\_\_\_\_\_.

9. **What can** people **delay** or **prevent** if losing 5-10% of their weight?

\_\_\_\_\_.

10. **How many people** are affected in the U.S. because of Rare Diseases?

\_\_\_\_\_.

P.S.T.