

Select Readings, Second Edition
Elementary, Chapter 2 Test

Read the passage and answer the questions that follow.

Staying Healthy with Exercise

Everyone knows that exercise is good for our bodies. But did you know that exercise actually gives you more energy, helps make you feel happy, and helps you do better at work or school? Experts¹ say that young people need at least 60 minutes or more of exercise every day. Take a look at some of the most important reasons.

Exercise helps both your mind and your body. When you exercise, your body sends chemicals² to your brain that help make you feel happier and more peaceful. These chemicals also help you sleep better at night.

Exercise helps your body get rid of calories³. If you take too many calories into your body and you don't exercise, you may gain weight. More weight can make you feel tired, or feel like you don't have a lot of energy. Doing even a little exercise every day, together with eating small, frequent meals, can help people lose weight and feel better.

Exercise helps make your body strong. A strong body gets sick less often than a weak body. We all know the old saying, 'An apple a day keeps the doctor away.' That may be true, but exercising frequently is another good way to keep your body healthy and strong.

As you get older, you can see that exercising helps keep your body young. Experts say that people who exercise often have fewer health problems as they get older than people who rarely exercise. Running, jumping, swimming, and playing sports can all help you feel younger.

It is never too early or too late in life to start exercising. Regular exercise can help people at any age. If you don't regularly exercise now, remember to start slowly. As you get stronger, you can try exercising longer. If you exercise now, your body will thank you later.

1. Most people should try to exercise _____.
 - A. an hour a day
 - B. six hours a week
 - C. an hour a week
 - D. six hours a day
2. Regular exercise can actually give you _____ energy.
 - A. fresh
 - B. happy
 - C. total
 - D. more

¹ **experts** people who know a lot about a subject

² **chemicals** materials

³ **calories** heat energy in food

3. The passage says exercising can make you do all of these EXCEPT _____.
 - A. do better at work
 - B. have more friends
 - C. feel happy
 - D. do better at school
4. When you exercise, your body sends chemicals to your brain that make you _____.
 - A. sleep better and feel more peaceful
 - B. wake up earlier in the morning
 - C. want to sleep less
 - D. feel happier when you sleep
5. Eating small, _____ meals can help you lose weight when you exercise.
 - A. frequent
 - B. quick
 - C. often
 - D. rare
6. 'An apple a day keeps the doctor away,' means _____.
 - A. eating only apples will make you feel sick
 - B. the doctor brings you apples if you are sick
 - C. eating apples helps make you healthy
 - D. doctors try to eat an apple every day
7. As people get older, exercise can help them feel _____.
 - A. their body
 - B. health problems
 - C. younger
 - D. exercise
8. The passage talks about all of these kinds of exercise EXCEPT _____.
 - A. jumping
 - B. swimming
 - C. running
 - D. dancing
9. If you're not already exercising regularly, you should start _____.
 - A. frequently
 - B. slowly
 - C. early
 - D. quickly
10. The passage says that a strong body _____ a weak body.
 - A. rarely exercises as often as
 - B. doesn't get sick as often as
 - C. sleeps more often than
 - D. rarely feels as young as