

The Benefits of Exercise

Level: B1 Topic: Health and Fitness

Regular exercise is vital for maintaining good health. It helps keep our bodies fit and strong. Exercise can improve our mood and reduce stress levels. Activities like jogging, swimming, or cycling not only strengthen our muscles but also improve our cardiovascular health. It is recommended to engage in at least 150 minutes of moderate exercise each week. Finding a physical activity you enjoy makes it easier to stick to a routine. Exercising with friends can also be motivating and fun. Additionally, staying active can improve sleep quality and boost energy levels. Make exercise a part of your daily life for a healthier future.

Questions

1. Why is regular exercise vital?

- A) It keeps us unhealthy
- B) It maintains good health
- C) It makes us tired
- D) It is boring

2. What can exercise improve?

- A) Mood
- B) Happiness
- C) Reading ability
- D) Eating habits

3. How much moderate exercise is recommended?

- A) 100 minutes a week
- B) 200 minutes a week
- C) 150 minutes a week
- D) 50 minutes a week

4. What can make exercising easier?

- A) Choosing activities you dislike
- B) Finding activities you enjoy
- C) Avoiding any activity
- D) Exercising alone

5. What can staying active improve?

- A) Sleep quality
- B) Food quality
- C) Social life
- D) Work hours