

# Get Active!

Being active is essential to a healthy lifestyle. Exercise helps to keep your body fit and toned, while also maintaining your overall health. The opposite of being active is called being sedentary which is unhealthy for a variety of reasons. Being sedentary means sitting for long periods of time and being inactive. A sedentary person puts themselves at risk of having heart disease, type 2 Diabetes and can also lead to having weaker muscles and bones. Active people have more strength, balance and coordination. A physically active lifestyle can also help improve heart health which is important for keeping a healthy and strong heart. Exercise is known to strengthen your lungs which improves breathing. Maintaining a healthy body weight is much easier with an active lifestyle. Regular exercise burns calories and reduces the risk of being overweight or obese. Not only are there physical benefits to living an active lifestyle but there are also important mental and emotional health benefits. Exercise has been proven to have a positive impact on mood and mental well being. Studies have shown that regular exercise helps to improve the ability to learn new tasks and to remember important information. Embracing regular exercise and a physically active lifestyle helps to reduce the risks of some diseases, helps to maintain a healthy weight and improves mental and emotional well being, along with enhancing overall energy levels. Exercise also improves sleep quality! One of the easiest ways to maintain an active lifestyle is to engage in moderate exercise for at least 30 minutes a day, five times a week. Doing so can be as simple as a brisk walk, a jog, or a bike ride. A more challenging workout regimen such as weightlifting or high-intensity interval training or competing can also be added to your routine for additional benefits. Either way, sedentary lifestyles can have major negative impacts on physical and mental health, so it is important to make sure that you are getting enough physical activity every day.

1. Read the passage about "Get Active!"
2. Underline any word or sentence you don't understand.
3. Answer the questions.



Answer according to the reading passage:

- 1. The opposite of being physical active is:**
  - a. engaging in physical activity
  - b. being lazy
  - c. being sedentary
  
- 2. A sedentary lifestyle puts individuals at risk for:**
  - a. heart disease
  - b. Type 2 Diabetes
  - c. all of above
  
- 3. Active people tend to have more:**
  - a. strength, balance and coordination
  - b. weight loss issues
  - c. risk of diseases
  
- 4. There are physical and mental/emotional benefits to being active:**
  - a. true
  - b. false
  
- 5. The easiest way to get started is to exercise for at least:**
  - a. 50 minutes daily
  - b. 40 minutes daily
  - c. 30 minutes daily

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## **Open Response Questions**

**Open response questions for thinking skills:**

- 1. Inferring**
- 2. Making Connections**
- 3. Summarizing**
- 4. Visualizing**

- 1. What is the main message of this reading passage?**
- 2. What does this mean for you? How can you improve your active lifestyle?**
- 3. Explain in 3 sentences what this reading passage is about.**
- 4. What comes across your mind as you are reading this passage?**
  
- 5. What advice can you give to a person who is living a sedentary lifestyle?**
- 6. How many reasons can you list for having a physically active lifestyle?**