



Language Skills

Reading & Structure

Part I



READING

Why Physical Activity is Important for You (p.12)

People need to be **active** (نشيط) to be healthy. Our modern **lifestyle** (أسلوب حياة) and all the **conveniences** (أساليب الراحة أو الرفاهية) we've become **used to** (التي اعتدنا عليها) have made us **sedentary** (كسول) – and that's dangerous for our health. Sitting around in front on TV or the computer, riding in the car for even a short trip to the store and using **elevators** (المصاعد) instead of stairs all contribute to our **inactivity** (كسل أو قلة الحركة والنشاط). Physical inactivity is as dangerous to our health as smoking!

Add up your activities during the day in periods of at least 10 minutes each. Start slowly... and build up. If you`re already doing some **light activities** (أنشطة خفيفة) move up to more **moderate ones** (أنشطة متوسطة). A little is good, but more is better if you want to achieve health benefits.

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. Time needed depends on **effort** (الجهد)– as you **progress** (يتقدم) to moderate activities, you can **cut down** (يقلل) to thirty minutes, four days a week. Physical activity doesn't have to be very hard to improve your health. This goal can be reached by building physical activities into your **daily routine** (الروتين اليومي). Just add up in periods of at least ten minutes each **throughout** (خلال) the day. After three months of regular physical activity, you will notice a difference-people often say **getting started is the hardest part** (البداية دائماً هي الأصعب).



Task:

1. Read the passage carefully (p. 12)
2. Translate the Passage into Arabic.



Choose the Correct Answer:

I. Nowadays people...

A are less active than in the past

B do more exercises than in the past

C are as sedentary as they used to be

D spend much time in the gym



Choose the Correct Answer:

2. Time needed for physical activity depends on...

A health

B effort

C money

D person`s character



Choose the Correct Answer:

3. You can improve your health...

A integrating physical activity into your timetable

B eating less and less during short periods of time

C relaxing and keeping cool

D working as hard as possible

Choose the Correct Answer:

4. People say that...

A getting into physical activity is the most difficult part

B they do not have time for physical activity

C getting into physical activity is not so difficult

D they get enough physical activity