WHY PHYSICAL ACTIVITY IS IMPORTANT FOR YOU

People need to be active to be healthy. Our modern lifestyle and all the conveniences we've become used to have made us sedentary - and that's dangerous for our health. Sitting around in front of the TV or the computer, riding in the car for even a short trip to the store and using elevators instead of stairs or ramps all contribute to our inactivity. 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 move up to more moderate ones. 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 - as you progress to moderate activities, you can cut down 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. Just add up in periods of at least ten minutes each throughout the day. After three months of regular physical activity, you will notice a difference - people often say getting started is the hardest part.

(From *Handbook for Canada's Physical Activity Guide to Healthy Active Living p. 4*. Canadian Society for Exercise Physiology, Ottawa, Ontario, 1998)

I. Answer the following questions using your own words (2 points: 1 point each)

a. Why is physical activity so important for people?

b. How can you include physical activity in your life?

II. Are the following statements true (T) or false (F)? (1 point: 0.5 each)

a. Smoking is less dangerous than physical inactivity.
b. You do not need more than sixty minutes a day to be fit.

III. Find a word or phrase in the text which, in context, is similar in meaning to: (1 point: 0.5 each)

a. inactive

b. fit

IV. Choose a, b, or c, in each question below. Only one choice is correct (2 points: 0.5 each)

1. Nowadays people ...
   a) are less active than in the past.
   b) are more active than in the past.
   c) are as sedentary as they used to be.
2. Time needed for physical activity depends on ...
   a) health
   b) effort
   c) money

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.

4. People say that ...

   a) they do not have time for physical activity.

   b) getting into physical activity is the most difficult part.

   c) getting into physical activity is not so difficult.

Part B. Composition (100-150 words approximately). Choose one of the following topics (4 points)

1. Do you practise any sport? Why?

2. The relationship between our modern lifestyle and physical inactivity.