

Name _____

Read the selection. Then answer the questions that follow.

“Strong Mind, Strong Body”

Exercising is the best way to keep your body strong and your mind sharp. When you run around on the playground or play tag with your friends, not only are you having fun, but you are also improving your body and mind.

Exercise helps your heart stay strong by making it beat faster, and a strong heart will do a better job of getting oxygen to all parts of your body. To make your heart beat faster, try swimming or jumping rope or doing almost anything that works up a sweat. You do not need to buy anything special.

Exercise builds strong muscles and bones. To make your muscles stronger you have to do powerful things, like swinging across the monkey bars at school or lifting heavy things. These exercises will also help build strong bones.

Exercise helps you bend and stretch your body comfortably, which is important when you want to move your arms and legs without hurting them. If you cannot touch your toes, you need to exercise. Dancing and tumbling are two of the best ways to help your body stretch more easily.

Exercise is a great way to help you feel good about yourself. When you run and jump, you feel strong and proud of yourself. Your body also releases special chemicals called endorphins that actually make you feel happy.

Exercise helps your brain too. Some people think that exercising helps the blood (and oxygen) flow to your brain so you can think better and pay attention longer.

No matter what kind of exercise you do, you should get moving every day to be healthy and happy.

Turn the page.

Answer the questions below.

1 Why did the author write this selection?

- to state an opinion about stretching
- to compare different exercises
- to explain all about the heart
- to persuade you to exercise

2 Which of these sentences from the selection is a statement of opinion?

- Exercise helps your heart stay strong.
- Exercise builds strong muscles and bones.
- You should get moving every day.
- You do not need to buy anything special.

3 Which of these is a statement of fact?

- Exercising is the best way to keep your body strong and your mind sharp.
- Exercise is a great way to help you feel good about yourself.
- Dancing and tumbling are two of the best ways to help you stretch.
- A strong heart will do a better job of getting oxygen to all parts of your body.

4 The author writes, "When you can run and jump, you feel strong and proud of yourself." Which of these *best* describes this statement?

- It is a statement of opinion.
- It is a statement of fact.
- It is both a statement of fact and opinion.
- It is a false statement.

5 How could you check about the facts contained in this selection?
