

32. Put Your Heart Into It by David White

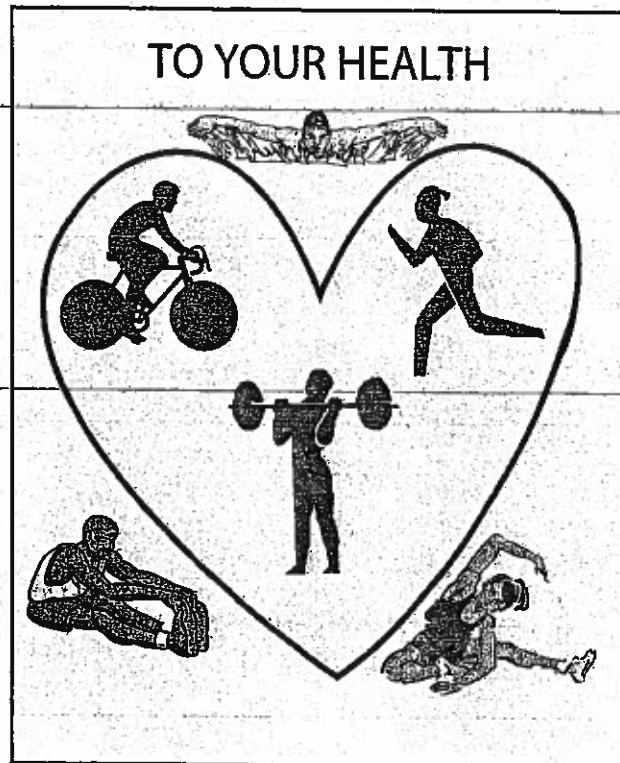
A ¹You ran three miles and your friend lifted weights for an hour. ²Who got the most exercise? ³It depends.

B ⁴Exercise can be divided into three categories: aerobic, strength, and flexibility, all of which improve your blood flow, a necessity for living longer.

C ⁵Aerobic exercises like running, biking, and swimming strengthen your heart, enabling it to do more work with less effort. ⁶These exercises also create a more regular flow of oxygen into the blood and accelerate the removal of carbon dioxide from the blood. ⁷In other words, these exercises fine-tune your respiratory system.

D ⁸Strength exercises like weightlifting build your overall muscle mass and endurance, making you less prone to injury. ⁹The larger your muscles, the more blood flows to them. ¹⁰And, having more blood flowing to the muscles means having more oxygen, which helps keep your bones strong, too.

E ¹¹Flexibility exercises like stretching help get your blood flowing in the areas you want to exercise. ¹²If you're planning on lifting weights to build up your arms and chest, then you should stretch your upper body before lifting those weights. ¹³Muscles at rest are cold and tight and can tear easily if asked to work too hard. ¹⁴A stretched muscle is warm and fluid and more receptive to weight resistance. ¹⁵Again you can see the importance of blood flow: warming up a muscle increases the blood (and oxygen)



flowing around that muscle. ¹⁶Such oxygen-rich blood makes you stronger. ¹⁷Stretching is also important after doing aerobic or strength exercises to relax the muscles you've worked. ¹⁸Just like muscles at rest, muscles that have been recently worked are tight and need to be stretched out.

F ¹⁹So what can all this exercise do for you? ²⁰It can lower your blood pressure, your cholesterol, your body fat and weight and, in turn, your risk of heart disease, the number one killer in America. ²¹A healthy body means a healthy heart. ²²Exercise can increase your level of fitness so you don't get winded walking up the stairs. ²³It can reduce tension and stress and help you sleep better at night. ²⁴Plus, people who exercise say they just plain feel better. ²⁵It can happen to you.

DIRECTIONS: Choose or write the best answer to each of the following questions using the evidence presented in the passage. When required, list specific sentence numbers or paragraph letters from the story to support your answer.

1. The main idea of the story is that exercise can
 - A. build your overall muscle mass.
 - B. lower your blood pressure.
 - C. keep your body healthy.
 - D. increase oxygen in your blood.

Give the number of the sentence that best supports your answer. _____

2. Using examples from the passage, list how each of the three categories of exercise affects your blood flow.

Aerobic _____

Strength _____

Flexibility _____

Give the number of the sentence that best supports each answer. _____, _____, _____

3. Muscles at rest
 - A. are usually the body's larger muscles.
 - B. require a large amount of weight resistance to work them properly.
 - C. need more exercise than muscles in use.
 - D. have less blood flowing around them than the same muscles in use.

List the numbers of the 2 sentences that best support your answer. _____, _____

4. Which of these best sums up the benefit of exercise described in sentence 23?
 - A. improved respiration
 - B. rest and relaxation
 - C. strength and endurance
 - D. improved fitness

5. What happens when you do not stretch your legs after running?

List the numbers of the 2 sentences that best support your answer. _____, _____

6. Which of these functions of a plant is the direct opposite of what the human body does?
 - A. It absorbs sunlight and converts it to energy.
 - B. It serves as a producer in the food chain.
 - C. It makes its own food through photosynthesis.
 - D. It takes in carbon dioxide and gives off oxygen.

Give the number of the sentence that best supports your answer. _____

7. How is the article organized?
 - A. by topic
 - B. by time order
 - C. as an argument
 - D. as a comparison