

# WALKING

## OLD TRANSPORTATION METHODS

**The Questions**

1. What is an benefit of walking?  
A) Increased energy.  
B) Increased calories.  
C) Increased exercise.  
D) Strength gains.

2. Name one walking exercise.  
A) By increasing energy.  
B) By increasing distance.  
C) By increasing exercise.  
D) By increasing pace.

3. Define an exercise group.  
A) Adults exercise.  
B) Middle exercise.  
C) Young exercise.  
D) Child exercise.

4. Which type of exercise?  
A) Walking exercise.  
B) Walking with friends.  
C) Walking exercise.  
D) Walking with friends.

5. Increased heart benefits?  
A) Increased rate of heart.  
B) Increased heart rate.  
C) Increased heart rate.  
D) Strength heart rate.

**Walking**

Read the text and answer the questions.

Walking is a fundamental and natural form of physical activity that offers numerous benefits for both physical and mental health. It is one of the easiest ways to stay active, requiring no special equipment or training. Walking is accessible to people of all ages and fitness levels.

Walking is a great way to stay active, helping keep your body healthy. Walking is a low-impact exercise that requires minimal equipment or infrastructure, making it accessible to people of all ages and fitness levels. Walking is a great way to stay active, helping keep your body healthy. Walking is a low-impact exercise that requires minimal equipment or infrastructure, making it accessible to people of all ages and fitness levels.

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Answer the text. Then read the questions and decide if they are true or false.

1. Increased heart rate.  
2. Increased heart rate.  
3. Increased heart rate.  
4. Increased heart rate.  
5. Increased heart rate.



*Reading  
Comprehension*

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