

Playing Hard

Questions

1. What is the main topic?

2. Read this sentence from the passage:

“Playing hard is good exercise for your body.”

Find another word in the sentence that means the same as **playing hard**.

3. Why is playing sports better for your body than playing a video game?

4. Why is it important to choose activities that get your heart beating faster?

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5. Explain how food and exercise go together.
