

# Fitness for Life

*How do you keep yourself healthy?*

## Healthful Lifestyle

<sup>1</sup> Experts agree that a well-rounded healthful lifestyle is the best way to be healthy. You can't just watch what you eat. You can't just exercise. You have to eat well and exercise.

## Eat well

<sup>2</sup> Choose wisely from among the four food groups. These groups are fruit and vegetables, grains, dairy, and meat. Do not snack on sweet or salty foods between meals. Also, drink eight glasses of water a day.

## Exercise

<sup>3</sup> Exercising regularly at least three times each week is the best plan. If that's just not possible, at least be active. Use stairs instead of elevators. Walk the last few blocks to school or work. Take a walk instead of watching television. Make healthy choices.



1. What is this article mostly about?

\_\_\_\_\_ It is important to eat the right foods.

\_\_\_\_\_ Make sure you exercise every day.

\_\_\_\_\_ Eat well and exercise to stay healthy.

2. If people don't have time to exercise, what can they do to stay active? Write two ideas.

\_\_\_\_\_

3. What do you do to stay healthy?

\_\_\_\_\_

4. For each pair of foods, circle the more healthful choice.

apple    crackers                      chips    celery and peanut butter

yogurt    toaster pastry

5. Why is taking the stairs a better choice than the elevator?

\_\_\_\_\_

\_\_\_\_\_

6. What healthful snacks do you enjoy?

\_\_\_\_\_

7. Give one example of a food from each of the food groups.

fruits and vegetables \_\_\_\_\_ grains \_\_\_\_\_

dairy \_\_\_\_\_ meat \_\_\_\_\_