

Name:

Date:.....

Reading comprehension.

A morning walk



We all need to stay in good health. Practicing physical exercises every day is a good thing. There are many types of exercises. However, walking is good for everybody. It can be done at any time, but morning time is the best time. In the morning, the air is fresh.

A morning walk makes us wake up early. Often, it is cooler in the morning than during the day, so if you live in a hot area, it is the ideal time to walk. It is a great joy to hear birds singing. To see the rising sun is a great *experience*. At *dawn* nature is at its best.

The fresh morning air can help calm our nerves, improve our mood and keep us energetic and positive for the rest of the day.

Word meaning

experience: know about something because it has affected you directly.

dawn : the time at the beginning of the day when first light appears.

Answer the following questions.

1. What exercise is good for everybody?
2. When is it the best time to walk?
3. How is the air in the morning?
4. At what moment is nature at its best?
5. Why is fresh morning air good?