

# Too Much Sitting



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## Pre-reading

### Question:

- Is too much sitting bad?

### Definitions:

- Ache – a pain

## Reading

17 Ron wakes up. He sits down to eat breakfast. He sits on the bus to work. He  
35 sits at his work desk for 8 hours each day. He sits during his breaks and at lunch.  
42 He sits on the bus ride home.  
60 At home Ron sits on the sofa and watches TV. He sits in his chair to read a  
68 book. Ron sits almost 14 hours each day!  
83 Ron's back aches. He talks with a friend about the back pain. His friend says,  
100 "You sit all day. You need to stand more. You need to walk or move. That will  
103 help your back."

## Understanding

1. How much time each day does Ron sit? \_\_\_\_\_

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2. Where does he sit? (List at least three places.) \_\_\_\_\_

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3. What part of his body hurts? \_\_\_\_\_

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4. Who does Ron talk with about the pain? \_\_\_\_\_

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5. How could Ron have less pain? \_\_\_\_\_

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## Writing

Option A: Retell the story in your own words.

Option B: How much time do you spend sitting? How could you do less sitting?

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