

Walking at Work

Pre-reading

Questions:

- Do you like to walk? Where do you walk?

Definitions:

- Healthy – having good health
- Copy Center – a place to print many copies



Reading

19 Todd has a desk job. He is at his desk most of the day. He thinks of ways to
walk at work. He wants to be healthy.

27 Todd needs to bring a letter to the copy center. It is three floors up from his
44 office. He uses the stairs. Rick, who works in the copy center, sees Todd come up
60 the stairs. “Why did you use the stairs?” he asks.

70 “I spend a lot of time at my desk. I look for ways to walk while I’m at work.
89 I use the stairs, and I walk on my breaks and lunch hour. I feel better when I walk.”
108 “What a good idea. Can I walk with you at lunch?” asks Rick. “Sure,” says Todd.
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Understanding

1. Where does Todd spend most of his work day? _____

2. What does he do to be healthy? _____

3. Todd needs to bring a letter to the _____ .
4. Todd walks during his breaks and _____ .
5. Who wants to walk with Todd? When? _____

Writing

Choice A: Retell the story in your own words.

Choice B: Do you walk a lot at your job? How could you walk more when at work?
