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

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.

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

“I spend a lot of time at my desk. I look for ways to walk while I’m at work. I use the stairs, and I walk on my breaks and lunch hour. I feel better when I walk.”

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?