

# Walking for a Better Life

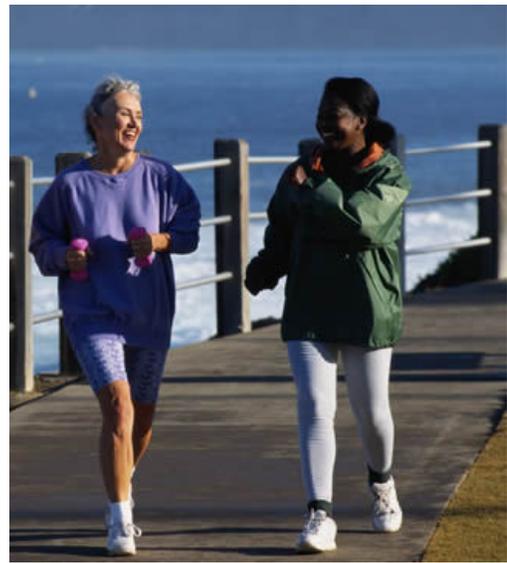
## Pre-reading

### Questions:

- What do you think the title means?

### Definitions:

- Often – at many times; again and again
- Motivate – to stimulate action or give desire for action
- Exercise – activity done for the health of the body and mind
- Stride – a long step



## Reading

16 “I want to feel better.” “I want to have more energy.” “I want to lose weight.”  
33 “I want to live a long life.” These were thoughts Kate often had. She decided to try  
47 walking ten minutes a day. She walked in the morning before going to work.  
62 The first week was **difficult**. She did not like getting up early. But, Kate kept  
76 walking. She asked a friend to walk with her. They helped each other stay  
93 motivated and moving.  
108 By the third week, Kate could feel her body **craving** the daily exercise. Once  
126 she was out the door and moving, she felt great! Walking was making a difference  
133 in her life. She did not feel as tired. She was more alert at work and had more  
146 energy. She was also craving healthier foods.  
161 Kate started walking twenty minutes a day. She took long strides and pumped  
166 her arms. She could feel her muscles working. Some of those muscles had not been  
179 worked in a long time!  
192 Soon Kate was walking thirty minutes a day. Her heart was really pumping.  
198 She was burning fat and building muscle. She was losing weight. Kate was  
healthier and happier. Life was great!

## Understanding

1. What does the word **difficult** mean? \_\_\_\_\_  
\_\_\_\_\_
2. How long were Kate's first walks? \_\_\_\_\_  
\_\_\_\_\_
3. What does the word **crave/craving** mean? \_\_\_\_\_  
\_\_\_\_\_
4. What did Kate crave? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Why did Kate ask a friend to walk with her? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. How did daily walking help Kate? \_\_\_\_\_  
\_\_\_\_\_  
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## Writing

Choice A: Retell the story in your own words.

Choice B: Do you exercise? Why or why not? What kind of exercise do you do? How often do you do it? When do you do it?

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