

Name: \_\_\_\_\_

# Comprehension Check

## Part 2

**Directions:** Choose the sentence that best describes the main idea of each article.

1. “Join the Club” (page 8)
  - a. The number of overweight kids in America is rising.
  - b. Group exercise programs designed especially for kids can be a fun way to improve fitness.
  - c. Playing on a sports team is a great way to get daily exercise.
  
2. “You Can Do It!” (page 15)
  - a. Any accomplishment takes time and effort—but it starts with setting a goal.
  - b. Skateboarders and snowboarders set performance goals for themselves..
  - c. Stay motivated by working out with other people.
  
3. “Power Production” (page 18)
  - a. Metabolism is the rate at which your body burns and uses energy.
  - b. You can speed up your metabolism by eating regularly.
  - c. People with slow metabolisms don’t burn all the calories from the food they eat.
  
4. “Fit Body, Fit Brain” (page 20)
  - a. Exercise makes you think more clearly.
  - b. Exercise is important for a healthy brain.
  - c. Exercise helps you do well in school.
  
5. “Balancing Act” (page 24)
  - a. It’s hard to find time to spend with family.
  - b. Spending time with friends isn’t important.
  - c. You can strike a balance between time spent with family and with friends.

## Part 2

**Directions:** Read “Test Your Fitness IQ” on page 12. Then answer the questions below.

What was one surprising new fact you learned about fitness? Write that fact here.

How can you use this new knowledge in your own life?