

Name: _____

Date: _____

Reading Comprehension for Adults

The Benefits of Morning Exercise

Read the text below and answer the question!

Many people believe that exercising in the morning is one of the best ways to start the day. It boosts energy, enhances focus, and sets a positive tone for the hours ahead. Whether it's a short jog, yoga, or stretching exercises, dedicating time to movement in the morning can improve both physical and mental well-being.

Research shows that morning exercise is linked to better sleep at night. When people work out early, their bodies tend to follow a more consistent sleep-wake cycle. Additionally, exercise releases endorphins, which are natural chemicals that make people feel happier and more relaxed throughout the day.

Experts recommend starting small, especially for beginners. Light stretching or walking can be a good way to ease into a routine. Over time, the intensity can be increased based on individual fitness levels. Staying hydrated is also important, as the body loses fluids overnight. Drinking a glass of water before exercising helps prevent dehydration.

Another key factor is consistency. Choosing a specific time each morning to exercise helps turn it into a lasting habit. Even on busy days, setting aside just 15 to 20 minutes for physical activity can make a significant difference. Whether you prefer working out indoors or outdoors, the important thing is to find an activity you enjoy and can stick to regularly.

QUESTIONS

1. How can morning exercise help with focus and energy?

2. What are some examples of morning exercises mentioned in the text?

3. How is morning exercise linked to better sleep?

4. What natural chemical does exercise release to improve mood?

5. What type of exercises are recommended for beginners?

6. Why is it important to drink water before exercising?

7. How can consistency help with building a morning exercise habit?
