**1. Give the title to each paragraph.**

1. Track of your own steps
2. Dangerous sports
3. Space sports
4. How to live longer
5. Right time for sports
6. No fast food
7. Drink more
8. Quick skater legs

**A.** The effect of exercise on sleep according to a study published in the February 1997 issue of “Sleep,” exercise enhanced the sleep quality of the older adult participants. Specifically, aerobic exercise can aid sleep by helping you doze off faster and sleep better. But another study, published in the June 2009 “Journal of Sleep and Sleep Disorders Research,” found that sleep didn’t improve with increased exercise. Workouts stimulate you and your metabolism, so avoid exercise right before bed. Consider body temperature as well. A cool body temperature helps to encourage sleep, so allow for a cool-down period well before bedtime. Late afternoon exercise is optimal.

**B.** Speed skating requires strength, precision, power and quickness. While some sports such as long-distance running require slow, steady muscle contraction, speed skating involves high-speed contractions that are considered explosive or power moves. To get speed skater legs, the Pittsburgh Speed Skating Club recommends a training program including power moves such as bounce jumps, broad jumps and jump thrust squats.

**C.** The U.S. Surgeon General recommends that healthy adults get 30 minutes of moderate exercise each day. By taking 10,000 steps every day, you can reach this level of activity. A pedometer is an excellent way to track your steps. It also helps establish a baseline for your normal activity level so you know how much more activity you need.

**D.** Once dieters decide to change their eating habits for weight loss purposes, many focus on solid foods alone. However, the amount of calories you ingest from drinks like soda, fruit juice and alcohol may be the true culprit for excess fat storage. Making simple changes to your beverage consumption habits may be the ticket to losing unwanted body fat. Good old-fashioned water is one of the best drinks to help you lose body fat. Not only is it usually free and helps cleanse toxins out of your body, but it may also help to boost your metabolism. You should drink at least six to eight glasses a day. Try adding a splash of lemon or lime to give it a zesty flavor.

**E.** Astronauts must maintain their physical fitness levels while they work aboard the International Space Station. Exterior equipment maintenance and repair may require energy-sapping spacewalks; astronauts must also be prepared to execute physically taxing emergency landing operations aboard their transport vehicles. At the same time, astronauts lose bone and muscle mass while they live in a gravity-free environment. A well-structured exercise program provides the astronauts with the best chance to maintain physical readiness.

**F.** A 2007 study in the “Journal of the American Medical Assosciation” found that people who exercise regularly live longer due to a number of factors. According to Wojtek Chodzko-Zajko, head of the department of kinesiology at the University of Illinois at Urbana-Champaign, individuals who are middle-aged have an average muscle mass loss of approximately 1 percent per year. Strength training offsets this muscle loss later in life, translating to fewer falls, which is among the leading causes of death in the elderly. A 2009 study in the “American Journal of Neuroradiology” found that older individuals who exercise at least 180 minutes per week for 10 consecutive years also have brain blood vessel activity similar to that of younger individuals, providing neurologic longevity.

**G.** On your journey to health and well-being, there may come a point when you cannot exercise. For example, you may need a workout break or suffer an illness or injury. Fortunately, while you are recoverring, you can stay fit by avoiding the consumption of bad foods, like donuts and cheeseburgers. While this may sound easy, fast food restaurants are located on every corner and avoiding unhealthy foods is a challenge. However, not eating bad foods may help keep you in shape until you can hit that treadmill again.

**Выпишите незнакомые слова с переводом. (Они точно есть))))) )**