

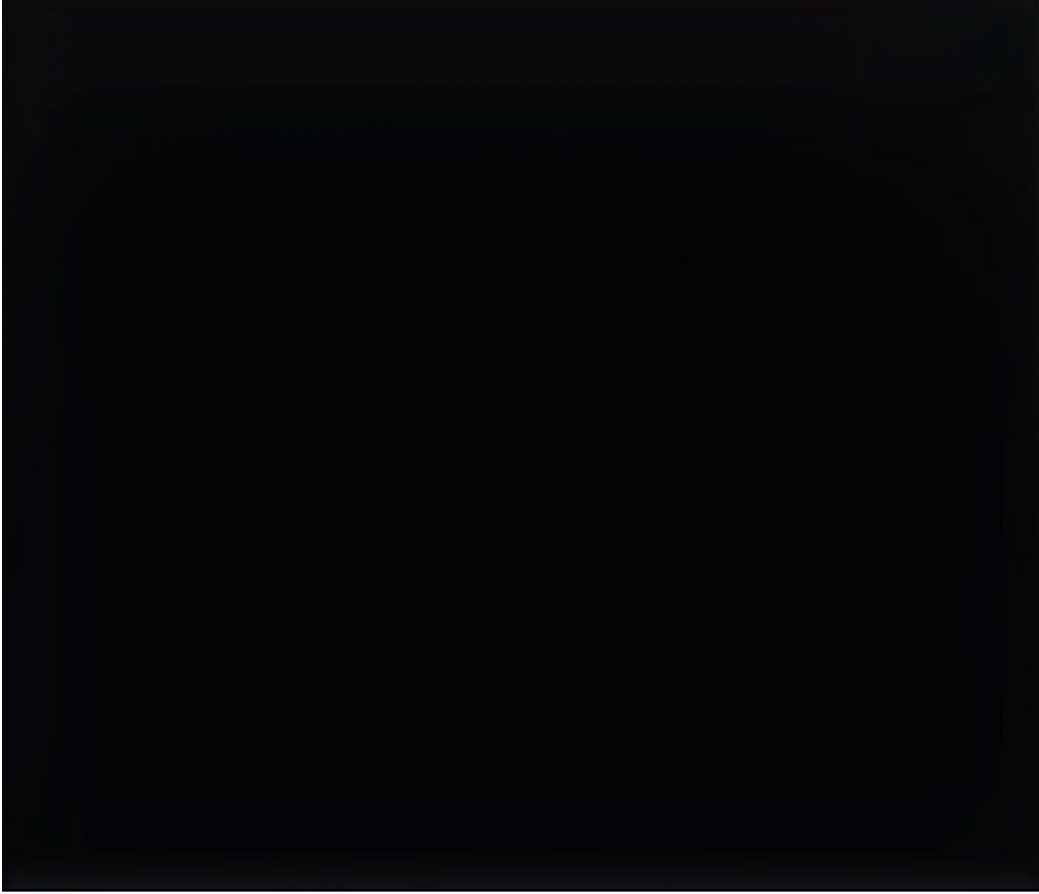
Exercise 1

Read the solution essay below and answer the questions that follow.

Is your heart as healthy as it should be? Many doctors would probably answer no. Millions of people throughout the world are currently living sedentary lifestyles and eating vast amounts of food lacking in nutritional value, and by doing so they are inadvertently creating problems for their heart. Improving their situation could be accomplished fairly easily, without incurring monumental medical bills or making depressing changes in their lifestyles. These minor changes include exercise, diet, and meditation.

There have been countless studies conducted by medical professions that tout the benefits of even modest amounts of exercise. Exercise accomplishes two vital things at once. When people exercise, they burn calories, which results in reducing body fat. Maintaining an appropriate weight is essential for good cardiovascular health. People who are overweight place an extra burden on the heart; it has to work much harder to circulate the blood through the body. This extra exertion causes weakening of the heart over time. In addition to burning calories, exercise strengthens the heart. The heart is a muscle, and like all muscles in the body, it needs to be exercised regularly to maintain peak performance. The exercise does not need to be exceedingly strenuous or time consuming. A person doesn't have to turn into a professional athlete to enjoy the benefits of exercise. Doctors report that even 30 minutes of light exercise a day will result in benefits to one's heart.

Another fairly easy change is to modify one's diet. With the hectic schedule of many people today fast foods have allowed individuals to eat on the run and not waste time. Unfortunately, most fast food today is lacking in nutrition. It is loaded with sugar, fat, and salt. It may taste delicious, but the price people pay for a little convenience is too high. Foods high in sugar will eventually add unwanted pounds. Foods high in fats, if eaten for long periods of time, increase the amount of cholesterol in the body, which eventually leads to the narrowing of the arterial walls. Foods high in salt increase blood pressure. Increased blood pressure makes the heart work much harder to circulate the blood, which will eventually weaken it. To improve this situation all one has to do is start eating better. Instead of three eggs, a large pile of bacon, and toast loaded with butter for breakfast one could eat oatmeal, a bowl of non-sugary cereal with skim milk, and a glass of juice. Instead of munching down on a candy bar or cookies for a snack try a carrot or celery stick. Not only do these snacks keep the calorie count down, they are a good form of roughage.



Meditation and deep breathing exercises are other ways to benefit your heart, especially if you are prone to high blood pressure. Sitting quietly, thinking of nothing at all and letting your body and mind relax completely does wonders for the heart, not to mention the turmoil of the mind. It has been estimated that 60% of all doctor visits are stress related. Increased stress increases blood pressure, heart rate, and respiration rate. Meditation and deep breathing can help reduce stress, thus providing benefits to the cardiovascular system. Research has shown that meditation and deep breathing exercises lower blood pressure, without the adverse effects that could occur with medication. Meditation also reduces another cardiovascular risk, a higher than average heart rate, which also weakens the heart over time.


Many things in life are important, and a healthy heart tops the list. No matter what one accumulates or accomplishes in life, if you have a bad heart it all could end in a heartbeat, literally. There are easy and effective means to ensure that a person maintains a strong heart that are simple to maintain and don't involve vast financial resources. So do yourself and your loved ones a favor- take a quiet, relaxing walk down to the corner grocery store and pick up a bunch of grapes for lunch.

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Questions

1. What is the thesis statement?
 2. What are the three methods listed that can improve cardiovascular health?
 3. What technique is used in the introduction to grab the reader's attention?
 4. What are the transition words used in the essay that indicate a solution is being discussed?
 5. List three supporting facts that were included in the essay.
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Exercise 1

Q: What is the thesis statement?

Many doctors would probably answer no. Millions of people throughout the world are currently living sedentary lifestyles and eating vast amounts of food lacking in nutritional value, and by doing so they are inadvertently creating problems for their heart. Improving their situation could be accomplished fairly easily, without incurring monumental medical bills or making depressing changes in their lifestyles. These minor changes include exercise, diet and meditation.

Q: What are the three methods listed that can improve cardiovascular health?

- 30 minutes of light exercise a day.
- Modify one's diet.
- Meditation and deep breathing exercises.

Q: What technique is used in the introduction to grab the reader's attention?

→ Is your heart as healthy as it should be?

→ Questioning technique is used to grab the reader's attention.

Q: What are the transition words used in the essay that indicate a solution is being discussed?

- Another, unfortunately, especially.

Q: List three supporting facts that were included in the essay?

- eating vast amounts of food lacking in nutritional value, and by doing so they are inadvertently creating problem for their heart.
- 30 min. of light exercise a day will result in benefits to one's heart.
- Almost 60% of all doctor visits are stress related.