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Your body needs to move to stay healthy. Moving helps muscles get stronger. It helps your heart and lungs get stronger. It is an important part of staying in good shape.

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**It is likely that:**

- a) You should sit down more often.
- b) You should get more sleep.
- c) You should get regular exercise.

Some people exercise in gyms. Some do it at home. Some even do it at work. Exercise is important and you can do it anywhere.

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**It is likely that:**

- a) You can exercise wherever you are.
- b) You can only exercise with another person.
- c) You can only exercise if you have a teacher.

Aerobic is Greek for "air" and "life." Aerobic exercise makes your heart and lungs work harder than usual. It makes you breathe deeper. It also makes your heart beat faster.

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**It is likely that:**

- a) Running is an aerobic exercise.
- b) Bowling is an aerobic exercise.
- c) Golfing is an aerobic exercise.

**Drawing Conclusions Reading Comprehension Practice Cards** provide an easy way to help students develop a critical reading skill. Each card has been leveled for a 2.0–3.5 reading level.

Drawing Conclusions cards consist of a leveled reading passage and a multiple-choice question that asks students to draw a conclusion using the information in the passage.

You may want to introduce the set of cards to the students by making an overhead transparency of a few cards to work through as a class. Once students become familiar with the cards, they can use them independently as take-home practice, in a reading center, or as reading and responding practice in small groups. Each card features the answer on the reverse for easy self-checking.

Continual practice with Drawing Conclusions cards reinforces a reading comprehension skill essential for all areas of study.