

Notemaking Passage -for Practice [Answer key is given below]

Read the following passage carefully:

Physical exercise is essential for maintaining good health and overall well-being. It includes activities such as walking, jogging, swimming, cycling, and yoga. Regular exercise strengthens muscles and bones, improves blood circulation, and boosts immunity. In today's fast-paced world, many people lead sedentary lifestyles due to excessive screen time and desk jobs. Lack of physical activity increases the risk of obesity and other health issues. Schools and workplaces must encourage fitness programs to promote healthy habits.

Regular exercise not only benefits the body but also improves mental health. It reduces stress, anxiety, and depression by releasing endorphins, also known as "feel-good" hormones. Exercise enhances concentration, memory, and productivity. It also promotes better sleep and increases energy levels. To maintain a healthy lifestyle, individuals should exercise for at least thirty minutes daily and adopt balanced eating habits. Consistency and discipline are key to long-term fitness and overall happiness.

Choose a suitable title and para-wise main topics and sub-topics:

Title : _____ 9

I : _____ 10

A : _____ 11

II : _____ 12

A : _____ 13

9. _____ (1)

- Physical Exercise
 - Healthy lifestyle
 - Importance of games
 - Fitness activities
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10. _____ (1)

- Mental Benefits
 - Causes of obesity
 - Benefits of Physical exercise
 - Sedentary lifestyle
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11. _____ (1)

- Walking, jogging, swimming, cycling, yoga
 - Stress and anxiety
 - Desk jobs and screen time
 - Balanced diet
-

12. _____ (1)

- Effects of Exercise
 - Mental benefits of exercise
 - Healthy eating
 - Workplace programs
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13. _____ (1)

- Stress reduction, better sleep, improved concentration
 - Muscle strength
 - Obesity and health risks
 - Yoga and cycling
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14. Write a summary of the above passage in about 70–80 words. (3)

Answer Key

9. Physical Exercise
10. Benefits of Physical Exercise
11. Walking, jogging, swimming, cycling, yoga
12. Mental Benefits of Exercise
13. Stress reduction, better sleep, improved concentration

14. Summary (70–80 words)

Physical exercise is essential for maintaining good health and includes activities such as walking, jogging, swimming, cycling, and yoga. It strengthens muscles, improves immunity, and prevents lifestyle diseases caused by inactivity. Exercise also offers mental benefits by reducing stress and improving concentration, sleep, and productivity. To stay fit and happy, individuals should exercise regularly, follow a balanced diet, and maintain consistency and discipline in their daily routine.