

## Activity – I (Write-up)

Question 1.

Do you usually go out for a morning walk or evening stroll?

Answer:

Yes, I do. I usually go out for a morning walk.

Question 2.

Who do you usually go out with?

Answer:

I usually go out with my friends.

Question 3.

What do you enjoy the most while walking?

Answer:

While walking I enjoy the sights along the street most.

Question 4.

How do you feel after the walk?

Answer:

After the walk I feel energetic and happy.

Question 5.

Make a distinction between going for a walk and being taken out for a walk.

Answer:

Going out for walk means you go out because you want to go out. Being taken out for a walk means you don't go because you are keen on going, but somebody, whom you can't refuse, forces you to go with him. If a very dear person comes and tells you to go for a walk with him, you can't refuse.

## Question 6.

Now prepare a write-up on walking and your preferences.

Answer:

Walking:

Walking is an excellent form of exercise and it is good for our health. A person who walks for about three kilometres a day can maintain his physique very well. Walking gives exercise not only to the body but also the mind. As our muscles and body shake up, increasing the blood circulation, we see new things forcing our mind to think. Staying inside all the time makes one bored with life. Walking brings variety into our lives. Variety is the spice of life.

Doctors say that large numbers of people suffer from back pain due to lack of exercise. They say walking reduces back pain. When we walk, the fat accumulated in our body burns up. Then carbohydrates are burnt. Thus we clear our body from extra fat and carbohydrates.

Walking is an exercise which does not cost anything extra. You may need a good pair of walking shoes. These days there are many people who jog every morning or evening for health reasons. Jogging is walking at a greater speed, less than running. Walking is especially good for people who do sedentary jobs, which force them to sit down for long periods.

I like to go for walking with friends. When we walk, talking with friends, walking becomes doubly enjoyable. We forget the bodily exertion of walking and at the same time we exchange views on so many things. I prefer to walk early in the morning when the streets are not crowded. The air then will be fresh and without much dust. My advice to all the young boys and girls is to go to their schools on foot, if the distance is not much. Walking will make you healthy, wealthy and wise.