

2. Read the text again and write "True" or "False".

1. They did this research thirty years ago. ☐

2. The children of the past were faster than today's children. ☐

3. Obesity can cause spending children to spend more time on computers. ☐

4. Young people can be fit in different ways. ☐

5. It is important that parents help their kids keep fit. ☐

3. Answer the following question about yourself.

What is the best way you keep fit?
