

Tina: When do you usually exercise – after school, or early in the morning before school?

Jeff: I **hardly ever** exercise. I'm too busy.

Tina: But exercise is important. My doctor told me that I should do thirty minutes of **cardiovascular** exercise every day.

Jeff: Oh, you mean running or swimming?

Tina: Right! If we make our hearts and **lungs** work hard, we'll be healthier.

Jeff: I know I should get more exercise, but I'm **swamped** with homework. I **barely** have enough time to sleep or watch TV.

Tina: **If I were you**, I would exercise instead of watching TV. I think you need to change your **priorities**.



- ❖ What cardiovascular exercise do you enjoy?
- ❖ Where are your lungs? What do your lungs do?
- ❖ Do you exercise often, or do you hardly ever exercise?

Give advice: If I were you, I would _____.

What are your priorities in life right now? Make a list of your top three priorities:

**Examples: I want to improve my math grade.
I hope to get into a good college.
I want to win the baseball tournament.**

1. _____

2. _____

3. _____