



Making Inferences

Directions: Read the magazine article. Then complete the activities that follow.

What You Need to Know

What is an inference?

An *inference* is a conclusion that you make about a text.

How do I make an inference?

- First, read a text.
- Next, make connections with the text by thinking about how it relates to your life.
- Then, review the facts about the topic of the text. (Remember, a fact is literal. You can put your finger *right on* a fact in the text.)
- Finally, think about the facts and what they mean. Draw a logical conclusion from the facts.

Get in the Game and Exercise!

Everyone needs exercise every day. Children need at least one hour of exercise each day. Exercise helps people to sleep well at night. It also helps them to feel awake during the day. There are many different ways to get exercise. It can be as easy as walking to the park or playing a game of tag. Exercise assists the body in three ways. First, it builds endurance. Second, it improves strength. Third, it can make the body more limber. Daily exercise will help you keep your body fit and healthy.

Endurance means you can keep going even when an activity becomes tiring. The kinds of exercise that help endurance are activities such as jogging, playing basketball, walking, skating, and swimming. These kinds of exercise cause the heart to beat faster. They also speed your breathing up. This makes the heart stronger. A strong heart helps your blood carry oxygen and nutrients to all the cells in the body.

Exercises that help people to gain strength are things like push-ups, pull-ups, climbing, and handstands. These kinds of exercise create muscle in the body. When muscles work harder, muscle fibers become thicker. They also become more tightly woven together. It is important to build strength slowly. If muscles are pushed too far, they can tear. Uncomfortable or painful exercise is a sign to stop and give the body a break.

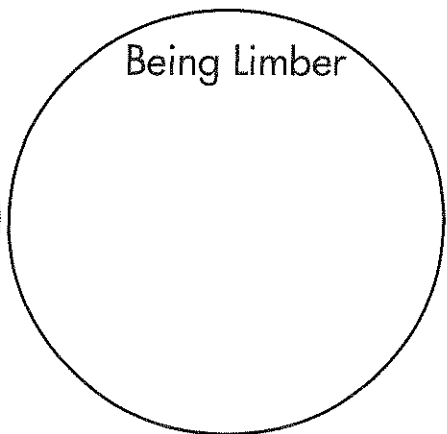
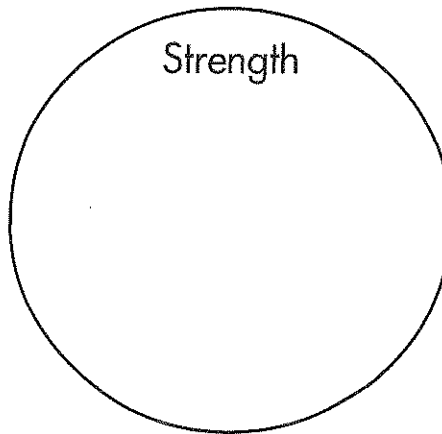
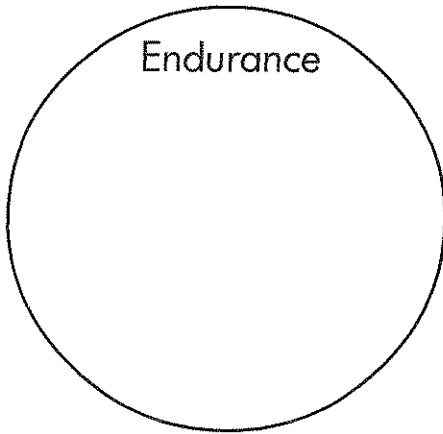
Being limber means that a person can stretch the body. A person who is limber can bend easily. Stretching is the best way to become limber. It is important to stretch before any physical activity. Muscles can be tight and tense before they are put in motion. Stretching warms up and loosens muscles. Then, when the body becomes active, it can move without difficulty. Muscles can do their job better when they start out in a relaxed state.

During exercise, bodies keep cool by sweating. It is important to replace the fluids that are lost during exercise. Drink plenty of water. Bodies also use up energy while exercising. Eating a diet of three healthy meals a day and nutritious snacks in between replaces the body's energy. Remember to exercise each day for endurance, strength, and the ability to bend.

1. What do you know about each of the three ways that exercise helps the body? List the facts.

Endurance	Strength	Being Limber

2. What other kinds of exercise do you know about? Do they develop endurance, build strength, or help the body to be limber? Write the names of the activities in the circles below.



3. What can you infer about the following statements?

Benny runs every day for 30 minutes. He also runs sprints for 10 minutes each day.

My inference: _____

Toki stretches every day. She even takes a yoga class that teaches her how to stretch her body. She also does a lot of push-ups and some weightlifting exercises at home with her mom.

My inference: _____

4. Read the sentence below. Then write a synonym and antonym for the word in bold.

Keeping **fit** helps bodies stay healthy.

synonym: _____

antonym: _____