

Active Reading and Textmarking (Level One: Study Skills)

Steps to Active Reading

1. Clear external distraction such as television, texting, and excess noise and interruption.
2. Clear internal distraction by making a list and setting it aside, journaling, or calling a friend to settle yourself before beginning to read.
3. Always have a writing utensil in your hand to underline or highlight.
4. Skim the article, text chapter, or selection and make-up some questions: "What is this article about?" or "I wonder what happens to the character?"
5. Actively read! Underline/highlight/summarize as you go.
6. Do not highlight/underline the whole page! Underline main points and summarize in your own words in the margin.
7. Check your understanding by asking yourself, "Can I summarize what I just read in one or two sentences?" If you can, congratulations! You actively read and gained knowledge; if you can't then go back and re-read one more time.

Try actively reading the following selection:

How to Develop a Fitness Plan¹

Developing a fitness that works for your own individual needs can sometimes be an overwhelming task. However, when you break down the components of a fitness plan you'll be able to start slowly and come up with a fitness plan that works for you.

One of the first things that you need to do is determine where you are with your fitness level. If you've been inactive for a long period of time you're not going to be able to jump into a fitness plan that is too strenuous and tiring. You'll need to start off slowly, perhaps by doing some walking for 30 minutes each day.

You should take some time to book an appointment with your doctor so that you have a complete checkup before you start on a fitness plan. If you've been moderately active you can incorporate other fitness activities into your daily routine. Try biking, swimming, hiking, lifting weights, or yoga. The list is endless when it comes to increasing your physical activity.

Another part of your fitness plan is paying attention to what you eat. Make changes to your diet so that you're consuming the amount of calories that your body needs while at the same time getting the vitamins and nutrition that is recommended. Reduce the amount of sugars and refined flours that you eat. Trim the fat from the meats that you eat and choose leaner cuts.

You can substitute chicken or fish for meat at least a couple of times a week.

¹ Hunt, James, "How to Develop a Fitness Plan," *Free Articles*. [webpage online]; available from <http://www.articlecircle.com/fitness/how-to-develop-a-fitness-plan.html>; Internet; accessed 27 May 2010.

If you smoke you should take the necessary steps to quitting. Talk to your doctor so that you get the help that you need to succeed. Don't try to do everything overnight since studies show that permanent lifestyle changes take time. Make small changes in your physical activity and your diet, and you'll soon be on your way to a fitness plan that meets your lifestyle.

Source: <http://www.articlecircle.com>

About the Author: James Hunt has spent 15 years as a professional writer and researcher covering stories that cover a whole spectrum of interest. Read more at www.fitness-freak.com

1. The main idea of the entire selection is:
 - A. Creating a fitness plan that is right for you.
 - B. Talking to your doctor about quitting smoking.
 - C. How to find your fitness level.
 - D. Choosing the right foods for your specific fitness plan.
 - E. Helping a friend become a fitness freak.

2. Which of the following shows the organizational pattern for this selection?
 - A. Cause and effect
 - B. Time order
 - C. Sequential
 - D. Historical
 - E. Comparison and Contrast

3. Which of the following did the author not suggest for a person who is already moderately active?
 - A. Swimming
 - B. Marathon training
 - C. Hiking
 - D. Trying yoga
 - E. Lifting Weights

4. Why does the author suggest that individuals should start slowly with a fitness plan?
 - A. No one has enough money to join a gym anymore.
 - B. Most individuals need to see the doctor before beginning a program.
 - C. Making changes takes time and one needs to be cautious about "overdoing it."
 - D. Learning a new technique is often difficult.
 - E. Most people give up with a fitness plan that is too expensive and hard.

5. In paragraph two, you can infer that the word "strenuous" means:
 - A. Hard
 - B. Tiring
 - C. Expensive
 - D. Easy
 - E. None of the above

Answers: 1.A 2. C 3. B. 4. C 5. A