

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. _____

***Be careful!** Some adverbs can be very confusing:

Many people confuse the words "good" and "well."

Don't forget:

**"Good" is an adjective,
and "well" is an adverb.**

- **I am a good baseball player.**
- **I can play baseball well.**
- **My math score was very good.**
- **I do well on math tests.**

**"Bad" is an adjective,
and "badly" is an adverb.**

- **John is a bad singer.**
- **John sings very badly.**
- **My father is a bad driver.**
- **He drives badly, so he often gets in accidents.**

Fill in the blanks with **good, well, bad, or badly**.

1. Michael can dance very _____, so he wants to be a professional dancer.
2. You are a _____ dog! Go outside!
3. I have to leave the room when Stacy sings, because she sings very _____.
4. I didn't do my homework very _____, so I have to do it again.
5. You should go eat at the new restaurant. Their food is very _____.
6. My brother likes to play guitar, but he plays very _____, so he wants to find a guitar teacher.
7. It keeps raining every day! Why is the weather so _____ every day?
8. My mother is angry because I didn't clean my room very _____.