

Stretching can not only make you feel good, it can make you work better and more efficiently. Regular stretching exercises are important for the health of your body, as well as your mind. The importance and benefits of stretching are explained.

**Tone: Actuality**

**Answers:** 1. D, 2. False, 3. A, C and D, 4. True, 5. Morning , lunch, traffic light, evening, breaks, etc. 6. Discussion