

Directions:

Cut these sentences into strips, or print them on separate index cards. Ask students to put the sentences in the correct order.

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Then they decided to add a video workout twice a week.

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Veronica offered to walk around the park with her.

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They cut back on soda and started drinking a lot more water every day.

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They lost weight and had more energy, but they also felt happier and less stressed out.

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Tiffany was thinking she should start walking to lose weight.

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They began to eat healthier snacks and meals.

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The friends started to walk quickly for 20 to 30 minutes, three times a week.

The correct order is:

Tiffany was thinking she should start walking to lose weight.

Veronica offered to walk around the park with her.

The friends started to walk quickly for 20 to 30 minutes, three times a week.

Then they decided to add a video workout twice a week.

They cut back on soda and started drinking a lot more water every day.

They began to eat healthier snacks and meals.

They lost weight and had more energy, but they also felt happier and less stressed out.