

32. Put Your Heart Into It by David White

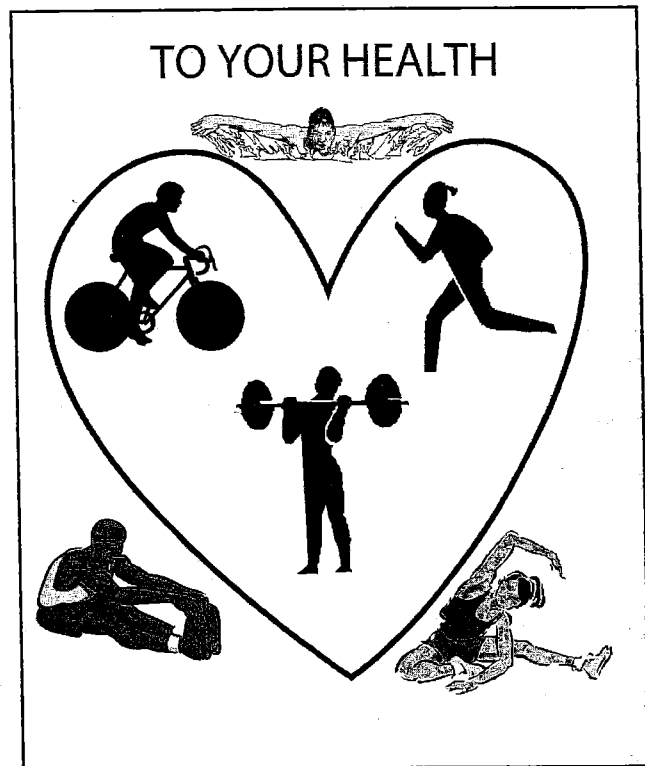
A ¹You ran three miles and your friend lifted weights for an hour. ²Who got the most exercise? ³It depends.

B ⁴Exercise can be divided into three categories: aerobic, strength, and flexibility, all of which improve your blood flow, a necessity for living longer.

C ⁵Aerobic exercises like running, biking, and swimming strengthen your heart, enabling it to do more work with less effort. ⁶These exercises also create a more regular flow of oxygen into the blood and accelerate the removal of carbon dioxide from the blood. ⁷In other words, these exercises fine-tune your respiratory system.

D ⁸Strength exercises like weightlifting build your overall muscle mass and endurance, making you less prone to injury. ⁹The larger your muscles, the more blood flows to them. ¹⁰And, having more blood flowing to the muscles means having more oxygen, which helps keep your bones strong, too.

E ¹¹Flexibility exercises like stretching help get your blood flowing in the areas you want to exercise. ¹²If you're planning on lifting weights to build up your arms and chest, then you should stretch your upper body before lifting those weights. ¹³Muscles at rest are cold and tight and can tear easily if asked to work too hard. ¹⁴A stretched muscle is warm and fluid and more receptive to weight resistance. ¹⁵Again you can see the importance of blood flow: warming up a muscle increases the blood (and oxygen)



flowing around that muscle. ¹⁶Such oxygen-rich blood makes you stronger. ¹⁷Stretching is also important after doing aerobic or strength exercises to relax the muscles you've worked. ¹⁸Just like muscles at rest, muscles that have been recently worked are tight and need to be stretched out.

F ¹⁹So what can all this exercise do for you? ²⁰It can lower your blood pressure, your cholesterol, your body fat and weight and, in turn, your risk of heart disease, the number one killer in America. ²¹A healthy body means a healthy heart. ²²Exercise can increase your level of fitness so you don't get winded walking up the stairs. ²³It can reduce tension and stress and help you sleep better at night. ²⁴Plus, people who exercise say they just plain feel better. ²⁵It can happen to you.

33. Galileo's Vision by David White

A ¹It was a clear night in 1610 when Galileo Galilei looked through his telescope and saw the four closest moons of Jupiter.

²They were only dots in the sky, but they were there.

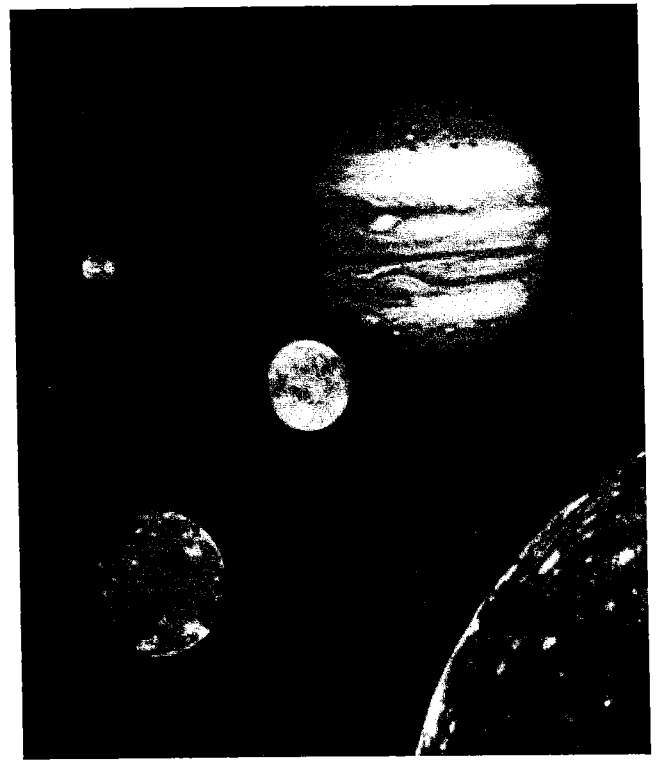
B ³It was quite a discovery. ⁴In fact, the moons Galileo saw were the first moons other than our own moon that anyone had ever seen.

C ⁵Now, Galileo didn't invent the telescope. ⁶Hans Lippershey of Holland did in 1608. ⁷He designed it so people could look at things far away. ⁸But Galileo was the first to use a telescope to look at stars and planets.

D ⁹Using the telescope, Galileo also discovered that our moon was not the perfect, mysterious sphere everyone thought it was. ¹⁰He proved that the moon was filled with craters. ¹¹He also proved that the light that seemed to be coming from the moon was actually a reflection of light coming from the sun.

E ¹²Galileo was also the first scientist to prove a theory by testing it and recording results. ¹³Until that time, scientists would prove their theories by making arguments without giving evidence.

F ¹⁴Galileo was the first to provide visual evidence in support of the theory that Earth revolves around the sun. ¹⁵A man named Copernicus of Poland had written in 1543 that Earth was not the center of the universe. ¹⁶He had said that the sun was the center of what we call the solar system and that Earth circled the sun. ¹⁷Not many people believed



him. ¹⁸Teachings until that time had placed Earth firmly at the center of the universe, with everything else revolving around it.

¹⁹Galileo, night after night, saw the moons of Jupiter at different points in the sky. ²⁰It was clear that they were circling Jupiter, not Earth. ²¹What Galileo saw helped prove Copernicus's theory.

G ²²Astronomy has come a long way since 1610. ²³We now know that Jupiter has at least 16 moons. ²⁴We know that our own solar system has nine planets. ²⁵We know that seven of those planets have moons. ²⁶We know that the universe contains other solar systems like ours. ²⁷We have telescopes searching the night sky for signs of life. ²⁸Thousands of people now do what one man started on a hill in Italy almost 400 years ago.

38. Researching the Renaissance by David White

¹Ling searched the Internet for information about Italy's great Renaissance artists.
²She found this web page:

Leonardo

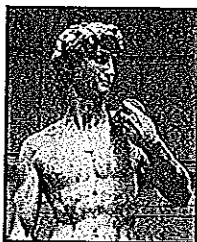
³Leonardo Da Vinci was a famous painter, architect, sculptor, engineer, and scientist. ⁴He first made a name for himself painting religious images, including *The Last Supper*. ⁵He also created notebooks of scientific drawings, many of the human body. ⁶Included in these notebooks were plans for such modern inventions as the tank, the car, and the parachute. ⁷He was fascinated with the idea of flying like a bird. ⁸He also painted the *Mona Lisa* (right), still one of the most recognizable paintings in the world. ⁹His paintings and notebooks influence artists and engineers today.



¹⁰More about Leonardo (links)

[From Vinci to Florence: Leonardo's Artistic Journey](#)
[Leonardo's Inventions and Their Modern Equivalents](#)
[The Renaissance in Italy](#)

Michelangelo



¹¹Michelangelo, like Leonardo, was a leader of the Italian Renaissance. ¹²He was a master painter, architect, and sculptor. ¹³He is most famous for painting the ceiling of the Sistine Chapel in Rome and for sculpting a giant statue of the Hebrew king David (left). ¹⁴Also, he designed the dome of St. Peter's Church in Rome. ¹⁵This dome is still the largest of any church in the world. ¹⁶Like Leonardo, Michelangelo painted many religious paintings, including *The Last Judgment*. ¹⁷His works of art are still admired and copied today.

¹⁸More about Michelangelo (links)

[The Sistine Chapel: Beauty on a Breathtaking Scale](#)
[Michelangelo's Influence on Modern Sculpture](#)

Raphael



¹⁹Raphael, too, is famous for sculpture and for religious paintings, including the *Sistine Madonna*. ²⁰However, his most famous painting is *School of Athens* (snapshot left), which portrays a meeting between Plato and Aristotle amid the intellectual activities at the famous Academy. ²¹Like Leonardo and Michelangelo before him, Raphael painted his people as realistic, a change from the abstract images of medieval artists. ²²This is the artists' legacy: They showed things as they were, not as the artist wished them to be.

²³More about Raphael (links)

[School of Athens: Renaissance High-Water Mark](#)
[Raphael and the High Renaissance in Italy](#)

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39. Soccer's Deadly Weapon: Mia Hamm by Cheryl Block

A ¹She's been called "the most dangerous forward on the field." ²Mia Hamm, high-scoring forward for the U.S. team, has been one of soccer's brightest stars. ³Her foundation, the Mia Hamm Foundation, is dedicated to funding research for bone marrow diseases and to developing sports programs for young women.

B ⁴Mia was born March 17, 1972, in Selma, Alabama. ⁵Since her father was a fighter pilot with the Air Force, her family moved often when she was growing up. ⁶Her dad coached and refereed soccer games. ⁷Mia started her soccer career playing with her two older brothers and three older sisters. ⁸With six children in the family, she learned early how to hold her own.

C ⁹By the time she reached her teens, Mia was an experienced soccer player. ¹⁰At age 15, she was recruited as the youngest player ever on the U.S. Soccer Federation women's national team.

D ¹¹Mia attended the University of North Carolina, graduating with a degree in political science. ¹²During the five years she attended the University before graduating, she led the school to four NCAA soccer championships. ¹³In her third year of college, however, she took a year off from the college soccer season to play in the first FIFA (Federation Internationale de Football Association) Women's World Cup Championships in China in 1991. ¹⁴Mia scored the game-winning goal in their first match, and the U.S. team went on to win the Cup.

E ¹⁵In 1994, Mia was named U.S. Soccer



Female Athlete of the Year. ¹⁶As Mia says, though, "My motivation is not awards but just to get better every year."

F ¹⁷Mia won her first gold medal at the Atlanta Olympics in 1996, even though she played with a severely sprained ankle after injuring it in the first match. ¹⁸In the final match against China, more than 75,000 fans packed the stadium to watch the United States win the gold medal. ¹⁹In 1999, the United States women's national team won the Women's World Cup for a second time, hosting the world's best attended women's sporting event with nearly 100,000 spectators. ²⁰This was a significant change from the 500 or so spectators who had watched the U.S. team play when Mia first joined them as a teenager. ²¹Little did those early soccer fans know that they were watching an athlete who would become the U.S. team's all-time leading scorer with 107 goals so far, and one of the soccer world's greatest players.