

So Sweaty

Shane didn't mind exercise. In fact, he kind of liked it. He didn't like sweat, though. Every time he exercised, he got very sweaty, and he stayed sweaty.

So, he'd take a shower. Even after the shower, he would still feel warm. His face would be all red and his heart would still be pounding for a long time. He'd sweat for another thirty minutes, and he wanted to shower again. That was not fun.

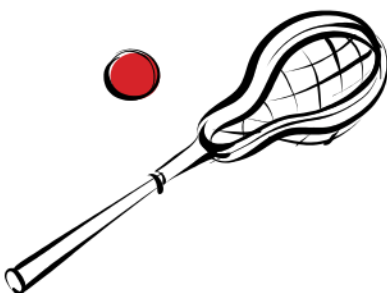
What could he do? He tried drinking a cool drink. It didn't help too much, although it was refreshing. He tried a cold shower instead of a warm one. That didn't work either. Nothing seemed to work. He hated feeling sweaty. It soaked his shirt.

He tried turning up the air conditioning before he worked out. If it was cold in the room, he might not sweat so much. That helped a little, but it did not fix the whole problem. He felt sticky and clammy when he continued to sweat afterward.

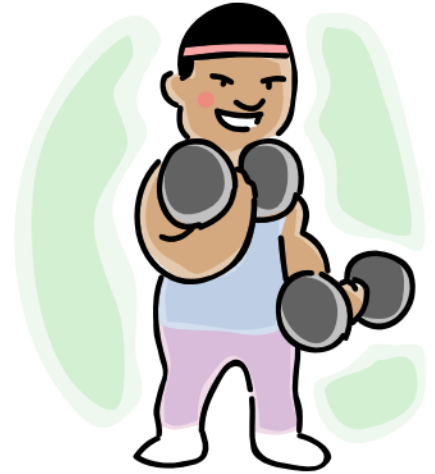
He tried all three things, with the air conditioning, the cold drink, and the cool shower, but it still didn't completely fix the problem. At least the air wasn't muggy though.

Finally, when he was about to give up exercise entirely, he decided to try one last thing. He would work out hardest at the beginning of his exercise. Then he would go easier until he was calm and cool before he quit. He tried it. He was still sweaty, but it wasn't as bad.

Then, he drank a bottle of cool water, took a cool shower, and turned the air conditioning back down, and he cooled off quickly. He was not sweaty!



It sure was nice to only sweat during exercise, instead of for half an hour after exercise. This made him want to exercise more. Now he could stay healthy without feeling sticky and gross! Maybe it was time to try a new sport, like lacrosse!



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Use the information in the story to answer the questions below.

1. What does Shane not like?
 - A. being smelly
 - B. being sweaty
 - C. being sick
 - D. being hot

2. Which of these is NOT one of Shane's ideas to cool off?
 - A. shower
 - B. cold drink
 - C. air conditioning
 - D. ice cream

3. Do any of his ideas work at first?
 - A. Yes
 - B. No
 - C. Sort of
 - D. It doesn't say.

4. What finally works for Shane?
 - A. Nothing, so he gives up.
 - B. Working hard first, and then going easy.
 - C. Medicine
 - D. Ice baths

5. Now that he only gets sweaty during exercise, what sport is he going to try?
 - A. lacrosse
 - B. bowling
 - C. hockey
 - D. curling

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