A *cycle* is a pattern that is repeated over and over. Cycles 12

work in two ways. They can have positive results or they can have 25

negative ones. An example of a cycle with positive results is 36

physical exercise. When you exercise, you feel healthier and get 46

stronger. The next time you exercise, you build on those positive 57

effects. As exercise becomes a regular habit, you are able to do it 70

for a longer time. You have more energy and you feel mentally 82

better about yourself. Dancing is good. Who will make it to the dance? 96

An example of a cycle with negative results is not studying. 107

Because you fail to study, you create a poor foundation on which 119

to build the next time you study. Your knowledge base becomes 130

thin and incomplete. It seems that you will never be able to learn 143

what you want. The people need to study. Write it down on paper to remember. 158

Another example of a cycle with negative results affects 167

your health. When you do not exercise your muscles each day, 178

they become weaker and weaker. Each hour you spend sitting in 189

front of a monitor, computer, or television is an hour your muscles 209

are not used as they should be. I run by the water. 221

You may eventually decide to get more active. But it will 232

be difficult. You have allowed your body to become weak. 242

It is not hard to turn these cycles around, though. The key is 255

to do a little each day. Study a little each day. Exercise for a short 270

period of time each day. Your mind and body will benefit greatly 282

from regular activity. You and I can do this! 292

**1.** What is a cycle?

**2.** How can you turn around a negative cycle?