



## Jill Plays Softball

Jill was inactive. She didn't like to run. She didn't like to swim. To her, exercise was impossible. It was inconvenient. She exercised irregularly. Jill knew she was being irresponsible. It is healthy to be active. Jill decided to try softball. She liked to throw. She liked to catch. She could learn to hit a ball with a bat. Jill joined a team. She learned that she liked to run the bases when she made a hit. This was illogical because Jill didn't like to run. But, it seemed different. Jill learned that she liked to play softball. She might like a different sport too.

