

Read the text. Choose one of the variants



Running is now very popular with teenagers in many countries both as a sport and as a way of keeping fit. Even if you only run twice a week, you  to wear good shoes. There is a lot of choice in running shoes, so decide how  you can afford to pay for your shoes, then find a pair that fits you  Be prepared to  different sizes in different shoes. If you wear adult shoes, remember that women's are made narrower  men's and, although most girls and women will find a woman's shoe which suits them, there is no reason why they shouldn't wear a man's shoe. The same is true for men and boys –  a woman's shoe fits you better, then wear it. If you  a mistake and buy the wrong shoes, you may do serious damage to your feet.

