

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.

