Pencil Me
Prepare to be different

LEVEL B1

WORD FORM

Name: ..... Class: ..... Date: .....

PRACTICE 06

Use the word given in capitals to form a word that fits in the gap.

If you want to improve your overall level of fitness, running is one of the best sports to choose. It can increase the strength of your bones, it is good for your heart, and it can help with weight (1)_____. You will soon begin to see a significant (2)_____in your general health and if you are the sort of person who enjoys a challenge, then you could consider making the decision to run a marathon – a race of (3)_____42 kilometres. (4)_____runners and sports instructors say you should make a point of having a physical (5)_____with your doctor before you start training. Another (6)_____is that anyone who has an old back, knee or ankle injury should take extra care. You should never use running shoes which hurt your feet or in which you feel (7)_____after a long run. It is a good idea to start by running slowly for about twenty minute three times a week and (8)_____increase the number of kilometres you run. You should find running long (9)_____progressive easier, and after a time, you may feel that even a marathon will be (10)_____!	1. LOSE 2. IMPROVE 3. APPROXIMATE 4. EXPERIENCE 5. CHECK 6. RECOMMEND 7. COMFORT 8. GRADUAL 9. DISTANT 10. POSSIBILITY

LIVEWORKSHEETS