COMPLETE THE PASSAGE WITH THE WORDS FROM THE BOX.

therefore **in short** **although** **secondly**
then **thirdly** **in addition** **firstly**

The number of people running has decreased (1)_____ running provides many benefits for health. The following advantages will help you decide if you want to try.

(2)_____, running helps to improve physical body. For instance, it builds a good condition of lungs, promotes bone health, reduces stress levels. (3)_____, running reduces blood pressure while improves blood flow.

(4)_____, it is a good choice for weight loss. A medium level of running can result in weight loss.

(5)_____, running is a low cost activity. You only need a quality pair of athletic shoes. You can run outdoors, in your neighbourhood or at local parks. (6)_____, you can meet your exercise goals without going to a gym centre.

(7)_____, it's worth running whether in every morning or in any free time. You don't need a big start, but 15 minutes each day. (8) _____ add 5 minutes every week until it reaches 60 minutes. You will never see the fantastic out come if you don't give it a try.

LIVEWORKSHEETS