

RUNNING FOR HEALTH

Read the text and use the word in capitals to form a word that fits in each space.

If you want to improve your overall level of (1)_____, running is one of the best sports to choose. It can increase the (2)_____ of your bones, it is good for your heart, and it can help with weight (3)_____. You will soon begin to see a (4)_____ improvement in your general health and if you are the sort of person who enjoys a challenge, then you could consider making the (6)_____ to run a marathon - a race of approximately 42 kilometers.

Experienced runners and sports (7)_____ say you should make a point of having a physical check-up with your doctor before you start training.

Another (8)_____ is that anyone who has an old back, knee or ankle (9)_____ should take extra care. You should never use running shoes which hurt your feet or which feel (10)_____ after a long run. It is a good idea to start by running slowly for about twenty minutes three times a week and (11)_____ increase the number of kilometers you run. You should find running long (11)_____ gets progressively easier, and after a time, you may feel that even a marathon will be possible!

FIT

STRONG

LOSE

SIGNIFY

DECIDE

INSTRUCT

RECOMMEND

INJURE

COMFORT

GRADUAL

DISTANT

