

"TAKING UP RUNNING"



You will hear someone giving a talk about taking up running as an activity. Choose the best answer form the questions below.

1 The speaker says that when she was younger

A she envied people who did a lot of physical activity.

B she knew that she ought to take up some kind of physical activity.

C she hated the idea of doing any kind of physical activity.

2 The speaker says that if people take up running,

A she can guarantee that there will be certain benefits.

B they will wonder why they didn't do it before.

C it will become a long-term interest for them.

3 The speaker says that, in comparison with other activities and sports, running is

A more enjoyable.

B more convenient.

C more beneficial.

4 What does the speaker say about people who feel that they can't take up running?

A They should talk to people who do run.

B They may be right.

C They know that their attitude is wrong.

5 What does the speaker say about people who feel that they can't take up running?

A They should talk to people who do run.

B They may be right.

C They know that their attitude is wrong.

6 The speaker warns people who take up running not to

A be competitive.

B give up as soon as there is a problem.

C ignore pain.

7 What advice does the speaker give about running technique?

A Change the position of your arms from time to time.

B Think of your arms as if they were parts of an engine.

C Pay more attention to your arms than any other part of your body.

