Why should you run?

Running is a healthy sport that can be done almost anywhere at any time. It's a good habit to develop, and the benefits are many. Running regularly will improve your heart rate and help you lose weight, so it's an excellent way to stay in shape. It also strengthens your muscles, especially in your legs, and makes them more flexible. If you run outside, you'll get fresh air and sunshine, which are both good for your health. Running can also be a social activity. You can join a running club or run with a friend, and then you can enjoy each other's company while you exercise. If you prefer to be alone, running gives you time to think and clear your mind. Finally, running is a great way to reduce stress. When you're angry or worried, going for a run can help you relax and feel better. So put on your running shoes and start reaping the benefits!

1) **Fill in the gaps :**

(reduce, weight, prefer, habit, sport, running, flexible, strengthens, benefits, company)

Running is a healthy _____(1) that can be done almost anywhere at any time. It's a good _____(2) to develop, and the benefits are many. _____(3) regularly will improve your heart rate and help you lose _____(4), so it's an excellent way to stay in shape. It also _____(5) your muscles, especially in your legs, and makes them more _____(6). If you run outside, you'll get fresh air and sunshine, which are both good for your health. Running can also be a social activity. You can join a running club or run with a friend, and then you can enjoy each other's _____(7) while you exercise. If you _____(8) to be alone, running gives you time to think and clear your mind. Finally, running is a great way to _____(9) stress. When you're angry or worried, going for a run can help you relax and feel better. So put on your running shoes and start reaping the _____(10)!

LIVEWORKSHEETS

2) Read the following statements and type **true** or **false**.

Statements:

1. Running is a sport that can only be done in specific locations.
2. Running regularly can improve your heart rate.
3. Running helps you gain weight.
4. Running strengthens your muscles, especially in your arms.
5. Running outside can expose you to fresh air and sunshine.
6. Running is always a solitary activity.
7. Running can help reduce stress.
8. Running is not a good way to clear your mind.
9. Running is not a healthy sport.
10. Running can be a social activity.

LIVEWORKSHEETS