

### Phrasal verbs – RUN 2

run after	run against	run over
run across	run down	run up
run away	run on	

#### Text 1: "The Importance of Staying Active"

Staying active is essential for maintaining both physical and mental well-being. Many people struggle to stay motivated, but once you get into the habit, it becomes part of your daily routine. However, for some, finding the time to exercise can feel like a challenge, especially when other responsibilities run after them.

One day, you might run across a piece of information or a new exercise routine that sparks your interest and motivates you to keep going. It's important to find what works for you and stick with it. Whether it's running, walking, or swimming, the goal is to stay engaged.

If you've been out of shape for a while, starting small can prevent you from becoming overwhelmed. It can be tempting to run away from exercise altogether when you feel too tired, but it's better to start at a comfortable pace. Doing too much too soon can be a mistake, as it might run down your progress instead of encouraging it.

Sometimes, people get too caught up in achieving specific results and forget to enjoy the process. Remember, fitness is about progress, not perfection. If you run up your goal too quickly, it can feel discouraging if you don't see results right away.

On the other hand, some people run over the chance to exercise altogether, convincing themselves they're too busy or tired. But in reality, working out can give you more energy and help clear your mind.

Fitness isn't just about physical appearance, it's about feeling better both mentally and physically. A workout can help you reduce stress, keep your energy levels up, and even improve your sleep.

1. Many people struggle to stay motivated when responsibilities \_\_\_\_\_ them.  
A. run after  
B. run on  
C. run away  
D. run against
2. You might \_\_\_\_\_ a new exercise routine that sparks your interest.  
A. run on  
B. run across  
C. run after  
D. run away
3. It's tempting to \_\_\_\_\_ to the gym when you feel too tired.  
A. run up  
B. run after  
C. run away  
D. run over

4. Overexerting yourself can \_\_\_\_\_ your progress.
  - A. run down
  - B. run over
  - C. run on
  - D. run against
  
5. If you \_\_\_\_\_ your goal too quickly, it can feel discouraging.
  - A. run after
  - B. run up
  - C. run on
  - D. run over
  
6. Some people \_\_\_\_\_ the opportunity to exercise altogether.
  - A. run across
  - B. run over
  - C. run after
  - D. run away
  
7. Fitness is about progress, not just trying to \_\_\_\_\_ perfection.
  - A. run up
  - B. run on
  - C. run after
  - D. run down
  
8. Sometimes people get too caught up in achieving specific results and \_\_\_\_\_ the process.
  - A. run over
  - B. run down
  - C. run after
  - D. run on
  
9. Regular exercise can help you \_\_\_\_\_ stress and increase your energy levels.
  - A. run away
  - B. run down
  - C. run across
  - D. run after
  
10. A good workout routine can also improve your \_\_\_\_\_.
  - A. running down
  - B. running on
  - C. running up
  - D. running over

#### **Text 2: "Dealing with Obstacles in Life"**

Life is full of challenges, and it's natural to encounter obstacles on the path to success. While it's easy to get discouraged, staying focused on your goals will help you push forward. Sometimes, you may feel like you're running after a brick wall, but there is always a way to find a solution.

When faced with a difficult decision, don't just run away from the challenge. Facing obstacles head-on is the best way to grow and develop your skills. If you feel overwhelmed, it's important to break the task into smaller steps and not let the problem run down your energy.

There will be moments in life when it seems like you're always running behind. It's important to understand that setbacks happen, but they don't define you. If you're working on a long-term project, sometimes it's okay if things run on slower than expected. Patience is key.

It's also important to learn how to deal with mistakes. Rather than dwell on them, use them as learning experiences. Don't let a mistake run over your motivation. Instead, learn from it, adapt, and keep moving forward.

If you feel like you're getting stuck, take a step back. Sometimes you need to run through the situation from a different perspective to see a better solution.

Some people are afraid of change and will run away from new opportunities. This is a mistake because embracing new challenges can lead to growth and open doors to new experiences. While it's tempting to remain comfortable, stepping out of your comfort zone is crucial for personal development.

Finally, when obstacles get tough, remember to take breaks and not let the challenges run over you. With the right mindset, you'll be able to overcome anything life throws your way.

1. What is the author's main message about dealing with obstacles?
  - A. Ignore them and wait for them to disappear
  - B. Confront them directly and stay focused on goals
  - C. Run away and avoid dealing with them
  - D. Let others handle the challenges for you
2. What is recommended for dealing with overwhelming tasks?
  - A. Tackle everything at once
  - B. Break the task into smaller, manageable steps
  - C. Avoid taking any action
  - D. Focus only on the end result
3. How does the author describe setbacks?
  - A. They define your life
  - B. They are easy to avoid
  - C. They don't define you and should be accepted
  - D. They are permanent
4. What should you do if you make a mistake?
  - A. Ignore it and move forward without learning
  - B. Dwelling on it for a long time
  - C. Learn from it and keep going
  - D. Let it negatively affect your motivation
5. Why does the author suggest taking a step back when you feel stuck?
  - A. To look for solutions from a different perspective
  - B. To completely forget about the issue

- C. To ask others to solve the problem for you
- D. To take a break and avoid working

6. How do some people react to new opportunities?

- A. They immediately embrace them
- B. They are afraid and **run away** from them
- C. They avoid them because they are too busy
- D. They are always open to them

7. Why is stepping out of your comfort zone important?

- A. It allows you to avoid risks
- B. It leads to personal development and new experiences
- C. It keeps you in a comfortable environment
- D. It helps you stay in your comfort zone

8. What can happen if you let challenges **run over** you?

- A. You'll grow stronger and learn from them
- B. You'll face an obstacle-free life
- C. It could overwhelm you and affect your well-being
- D. You will quickly solve them

9. What is the recommended attitude toward mistakes?

- A. Ignore them and keep moving forward
- B. Avoid making them at all costs
- C. Let them stop your progress
- D. Use them as learning experiences and adapt

10. How can the right mindset help when facing challenges?

- A. It can make challenges disappear
- B. It enables you to avoid facing problems
- C. It allows you to overcome obstacles with determination
- D. It makes challenges easier without any effort