Test 3

Section 2

So, if you're one of those people who hasn't found the perfect physical activity yet, here is something to think about which might help you make the right decision for you. The first question to ask yourself is whether you would enjoy training in a gym. Many people (1) ……having to (2) ……. You often have to go very early or late as some gyms can get very crowded. But with regular training, you'll see a (3) ……

Running has become incredibly popular in recent years. That's probably got a lot to do with the fact that (4) ……. Anyone can run, even if you can only run a few meters to begin with, but make sure you get the right shoes. (5) ……..……

pair and they don't come cheap. Another great thing about running is that you can do at any time of day or night, the only thing that may stop you is snow and ice.

Swimming is another really good way to build fitness. What attracts many people is that you can swim in an indoor pool at any time of year. On the other hand, (6) ……

It's hard to chat to people while you're swimming lengths. Cycling has become almost as popular as running in recent years. That's probably because as well as improving their fitness, many people say (7) ……..…… in a park or in the countryside can be fun, provided the conditions are right. Of course, only fanatics go out in the wind and rain.

Yoga is a good choice for those of you looking for exercise which (8) ……..…

It's a good way of building strength and with the right instructors, there's less chance of hurting yourself than with other more active sports. But don't expect to find it easy. It can be surprisingly challenging, especially for people who aren't very flexible.

Getting a personal trainer is a good way to start your fitness program. (9) ……..…

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but if you've got someone there to encourage you and help you achieve your goals, you're less likely to give up. Make sure you (10) ..... or you could do yourself permanent damage.

Whatever you do, don't join a gym (11) ..... So many people waste lots of money by (12) ..... What happens to their good intentions, I don't think people suddenly stopped caring about improving their fitness or decide they have more important things to do. I think people lose their interest when (13) .....

That's when they give up hope and stop believing they'll ever achieve their goals. Also what people sometimes don't realize when they start is that (14) .....– work to keep training week after week, and lots of people don't have that kind of commitment.

One thing you can do to help yourself is to set manageable goals. Be realistic and don't push yourself too far. Some people advise writing goals down, but (15) ..... Give yourself a really nice treat every time you reach one of your goals, and (16) ..... It's a journey, there are bound difficulties on the way.

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