

#### 4 Complete the conversation with the words and phrases from the box. There are two extra words or phrases.

also important to important not to  
I should make sure must should I  
should really you should you shouldn't

**Terry:** Sue, I want to start jogging because I need to get fitter and lose some weight. You go jogging a lot. Have you got any advice you can give me?

**Sue:** Yes. First of all, you <sup>0</sup>must get some good running shoes.

**Terry:** OK, and how far <sup>1</sup>\_\_\_\_\_ run?

**Sue:** Not very far when you start. It's <sup>2</sup>\_\_\_\_\_ do too much. It can be very dangerous. Some people have heart attacks.

**Terry:** Oh, wow! Anything else?

**Sue:** <sup>3</sup>\_\_\_\_\_ run on hard roads. It's bad for the legs. Try to find a path in the forest or a good running track. <sup>4</sup>\_\_\_\_\_ you take a lot of water to drink and you should <sup>5</sup>\_\_\_\_\_ take a mobile phone.

**Terry:** Why?

**Sue:** Because something could happen to you. When you're a long way from home, it's <sup>6</sup>\_\_\_\_\_ have some way to contact people who can help you. You <sup>7</sup>\_\_\_\_\_ go with someone else. It's safer and more fun.

**Terry:** Can I go with you?

**Sue:** Maybe when you're fitter. I go a long way and quite fast. You should go with someone who is starting to jog. Why not ask Carla? She wants to get fit too.