

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 ⁰ must get some good running shoes.

Terry: OK, and how far ¹ _____ run?

Sue: Not very far when you start. It's ² _____ do too much. It can be very dangerous. Some people have heart attacks.

Terry: Oh, wow! Anything else?

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

Terry: Why?

Sue: Because something could happen to you. When you're a long way from home, it's ⁶ _____ have some way to contact people who can help you. You ⁷ _____ 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.