



COMPLETE THE PASSAGE WITH THE WORDS FROM THE BOX.

**therefore in short although secondly
then thirdly in addition firstly**

The number of people running has decreased (1)_____.
running provides many benefits for health. The following advantages
will help you decide if you want to try.

(2)_____, running helps to improve physical body. For
instance, it builds a good condition of lungs, promotes bone health,
reduces stress levels. (3)_____, running reduces blood pressure
while improves blood flow.

(4)_____, it is a good choice for weight loss. A medium level
of running can result in weight loss.

(5)_____, running is a low cost activity. You only need a
quality pair of athletic shoes. You can run outdoors, in your
neighbourhood or at local parks. (6)_____, you can meet your
exercise goals without going to a gym centre.

(7)_____, it's worth running whether in every morning or in
any free time. You don't need a big start, but 15 minutes each day.
(8) _____ add 5 minutes every week until it reaches 60
minutes. You will never see the fantastic outcome if you don't give
it a try.

