

# RUNNING FOR HEALTH

Read the text and use the word in capitals to form a word that fits in each space.

If you want to improve your overall level of (1)\_\_\_\_\_ , running is one of the best sports to choose. It can increase the (2)\_\_\_\_\_ of your bones, it is good for your heart, and it can help with weight (3)\_\_\_\_\_. You will soon be seeing a (4)\_\_\_\_\_ improvement in your general health and if you are the sort of person who enjoys a challenge, then you could consider making the (6)\_\_\_\_\_ to run a marathon - a race of approximately 42 kilometers.

Experienced runners and sports (7)\_\_\_\_\_ say you should make a point of having a physical check-up with your doctor before you start training. Another (8)\_\_\_\_\_ is that anyone who has an old back, knee or ankle (9)\_\_\_\_\_ should take extra care. You should never use running shoes which hurt your feet or which feel (10)\_\_\_\_\_ after a long run. It is a good idea to start by running slowly for about twenty minutes three times a week and (11)\_\_\_\_\_ increase the number of kilometers you run. You should find running long (11)\_\_\_\_\_ gets progressively easier, and after a time, you may feel that even a marathon will be possible!

FIT	
STRONG	
LOSE	
SIGNIFY	
DECIDE	
INSTRUCT	
RECOMMEND	
INJURE	
COMFORT	
GRADUAL	
DISTANT	

