

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 going to see 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.

FIT
STRONG
LOSE
SIGNIFY
DECIDE

Experienced runners and sports (7) _____ say you should make a point of having a physical check-up with your doctor before you start training.

INSTRUCT

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!

RECOMMEND
INJURE
COMFORT
GRADUAL
DISTANT

