

Complete the blog post with a suitable word.

'If you want to get fit you've got a few 1 _____. One is to join a gym.

The 2 _____ advantage of that is that you have access to lots of different equipment as well as maybe a pool. The 3 _____ is that it can be expensive, particularly if you don't go very often. Another argument 4 _____ the gym is that it's a routine which can get very boring very quickly. Another 5 _____, however, is to walk or run. The 6 _____ of this is that it's free and you can get outside and see some great views at the same time. You have to take into 7 _____ that the air might not be very clean if you live in a city, though.

On 8 _____, I think that walking or running is preferable to joining a gym because it's a more natural form of exercise than lifting weights. However, everyone will have their own preference.'