

HOW EXERCISE CHANGED MY BODY

Read the text and choose the can, can't, could or couldn't.

Six months ago, I decided to change my lifestyle and start exercising regularly. I wasn't particularly unhealthy, but I knew I needed to improve my physical fitness. Although I (1)_____ walk long distances without getting tired, I (2)_____ run for more than five minutes without losing my breath. I also noticed that I (3)_____ carry heavy shopping bags quite easily, but I (4)_____ climb several flights of stairs without stopping to rest. My muscles were reasonably strong, but my stamina was poor.

When I first joined the gym, I found some exercises surprisingly difficult. For example, I (5)_____ do a few basic stretches, but I (6)_____ touch my toes or hold a plank for more than ten seconds. However, I gradually became stronger and more flexible as my body adapted to regular exercise.

These days, the difference is remarkable. I (7)_____ run five kilometers without stopping, and I (8)_____ climb several flights of stairs without getting breathless. Although I (9)_____ lift heavier weights than before, I still (10)_____ do more than five pull-ups. My flexibility has also improved considerably. I (11)_____ now touch my toes easily, even though I (12)_____ perform some of the more advanced yoga poses yet.

What I've learned is that regular exercise doesn't just improve your appearance. It strengthens your muscles, increases your stamina and helps your heart and lungs work more efficiently. Although I still have some limitations, I'm amazed at how much my body has changed in just six months.

