

READING

1 Read the magazine article. Match the photos A–D to the paragraphs 1–3.

2 Choose the correct headings a–d for the paragraphs 1–3. There is one heading you don't need.

- a Different kinds of running races c All the ways running is good for you
b Some problems with running d Reasons why running is popular

What is so great about

running?

1 In the past, people didn't need sports like running to stay healthy because they were very active. But these days, many of us spend most of the day sitting down. This means we need to get some exercise in our free time, and running is a cheap and easy way to do it. It's more fun than doing boring exercises in a gym, and all you need is a good pair of trainers and some comfortable clothes. Also, it's a sport that people can do at any age – for example Fauja Singh finished a marathon at the age of 101!

2 To make running interesting, you can enter a race. Fun runs are very popular. These are often 5 km long and are great for beginners. You can run with your friends and maybe dress up. For fitter people, there are half-marathons, marathons, or even ultra-marathons. These can be 70–400 km long. One of the most famous is the Marathon des Sables which takes six days and goes through the Sahara desert.

3 Running is fun and scientists say it is one of the best ways to keep fit. However, make sure you don't do it every day – it's important to have a rest between runs. Running improves the health of almost every part of your body, including your brain. It can make you feel happier and healthier, and live longer. It also helps you sleep well, and that gives you the energy to enjoy your life more. Perhaps it's the perfect sport!



TALKING POINTS

Do you go running? If not, would you like to?
Do you think running is the 'perfect sport'? If not, what is?

READING

1 Read the article and tick (✓) the sports that are mentioned.

- | | | | | | |
|------------|-------|-----------------|-------|----------------|-------|
| 1 baseball | _____ | 4 running | _____ | 7 snowboarding | _____ |
| 2 cycling | _____ | 5 skateboarding | _____ | 8 surfing | _____ |
| 3 football | _____ | 6 skating | _____ | 9 swimming | _____ |

THE FITTEST

member of my family

My cousin Alex is 18 years old. She runs three kilometres every morning before school, she cycles to school, she swims in the school swimming pool at lunchtime and then she cycles home after school. Can you believe it?

That's not all! On Saturdays she enters races. These are special events called 'triathlons'. In triathlons, the athletes have to swim, cycle and run a very long way. Alex is very good at triathlons. Last year, she won six events, finished second three times and third four times. Alex wants to be in the Olympics when she's older.

Do you want to keep fit? Alex has lots of good advice. 'Don't think about it, don't talk about it, just do it. Oh, and don't do any exercise on Sundays. Have a rest that day. I always do. It's very important to have a rest.'

I'd like to be as fit as Alex but I can't run fast and I'm not good at swimming. However, I am good at skateboarding. Maybe I'll go to the Olympics ... but only to watch my cousin!



2 Read the article again and answer the questions. Write complete sentences.

- 1 How does Alex get to school? _____
- 2 What does she do at lunchtime? _____
- 3 What does she do on Saturdays? _____
- 4 How many triathlons did she win last year? _____
- 5 What does she want to do when she is older? _____
- 6 When does she have a rest? _____