

Reading

1. Read the article. Have you ever tried running?

Running for Fitness

In the 1970s, large numbers of Americans started to run for exercise. Most of them didn't plan to win any races. They just wanted to become stronger and healthier. Thirty years later, running is the most popular form of fitness exercise. According to a study by American Sports Data, Inc., over 10 million Americans run more than 100 days a year. Teenagers make up the largest group of runners in the country. They account for about a quarter of the total.

Why is running so popular? For one thing, you don't need any special equipment. Get a good pair of running shoes and you're all set. In addition, you don't have to go anywhere special to run. You don't need a tennis court or a bowling alley. Also, you don't have to get a team together. You can go out and run by yourself whenever you feel like it.

The other day my teenage daughter and her friends were sitting around in the living room. "What are you doing this afternoon?" I asked them. My daughter replied, "We are running. We plan to do five miles. Then we are coming back here to make a big pasta dinner." Sounds good to me.

2. Complete each statement. Circle the letter of the correct answer.

1. In the 1970s, large numbers of Americans wanted to ___.

- a. run in races **(b.)** get stronger c. bowl

2. _____ Americans run at least twice a week.

- a. 1 million b. 10 million c. 100 million

3. The number of teenage runners is about _____.

- a. 1 million b. 2.5 million c. 25 million

4. You need _____ to start running.

- a. a group of people b. a special place c. special shoes

