

HOW WAS YOUR WEEKEND RUNNING?

Activity: Vocabulary & Reading - Match the phrases halves. Use the statements as headlines for the blog entries below.

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Source: www.running4thereason.com/2012/03/12/13-reasons-why-i-love-running

1	Running helps	A	my belly flat.
2	Running relieves	B	me to eat.
3	Running keeps	C	my sleep habits.
4	Running makes	D	stress.
5	Running has improved	E	you live longer.
6	Running allows	F	you smarter.

1.

Anything I can do to lengthen my time on this earth, surrounded by my family and friends, I will do. It is proven that running reduces your risk of heart disease, cancer, and neurological diseases such as Alzheimer's. Now that's a *great* return for our efforts!

2.

We are all well aware that exercise increases brain activity, but scientists have also discovered that hundreds of thousands of new cells are created in the brain's grey matter (that area of the mind that controls memory and learning) after running for only a few days! [...]

3.

After having my second child, I noticed that what remained was this nice pouch [...] Once I started running, that flap got flatter and flatter. Running burns visceral fat, the type of fat that lives in the abdominal-baby-flap area of the body. [...]

4.

The older we get, the more important it is to carve out that easy, restful, peaceful 8-10 hours of slumber each night. Since I am one of those crazy go-for-a-run-at-the-butt-crack-of-dawn types, I habitually go to bed by 9:30pm every night. [...]

5.

[...] I always say that the run is always hard but my life is so much easier because of it, and that is very true. We all know that endorphins- the hormones that create a sense of exhilaration- are released when you run, an all natural high, so to speak!

Are these statements true for you? Why?/ Why not?