**Run for Your Life**.

How healthy are you? And are you happy? Doctors say many people are not fit and happy now. But they know the answer to this problem. It is running. Running is good for you and running is fun. Once a year thousands of people in London don't stay at home to read their Sunday newspapers but go to Hyde Park to take part in the National Fun Run. They come with their friends, often in families. They are Fun Runners. They are people of different jobs. Many of them work in offices and sit before computers all day. Their jobs give them no exercise. Engineers and doctors, nurses and bankers think it is good for them to start running. "Running is good for your health," they say. "You begin eating more vegetables and fruits. You spend much time outdoors. It is good for you too. Soon you understand you can't live without running." There are different kinds of exercises. You can do swimming, running, cycling or just walking. They all will help you if you're not fit.