

At one time, I used to think that jogging was simply impossible. I can remember a time when just (1) ... twominute dash (*пробежка*) to catch a bus would leave mered in the face and almost (2) ... breath. The turning point for me came when (3) ... very insistent friend talked me (4) ... accompanying her on a run round the local park. I managed just five minutes before my legs decided they'd had enough. I think it was that image of my friend rapidly disappearing into (5) ... distance that stuck (6) ... my mind, and led me to take (7) ... seriously a sport which has really benefited (8) ... my health, state of mind and fitness.

Прочитайте текст. Выберите один из предложенных вариантов ответа. Заполните пропуск (7).

- 1) up      2) down      3) on      4) after