

Dancing can be a fun way to workout. Experts say that dancing improves blood circulation, boosts energy levels and helps you (1) ... healthy bones. It's also a great way to (2) ... weight. As well as the (3) ... benefits, dancing is great for improving co-ordination and concentrating the mind. Dancing is a great stress reliever, a good dance will make you smile and laugh, leaving you in high (4) ... and inspired. There should be a very (5) ... risk of injury from dancing if you (6) ... instructions carefully, but make sure you always warm up properly or you could (7) ... up with pulled muscles. So, (8) ... on some comfortable clothes, like tracksuit bottoms and a T-shirt, and get to it. Some types of dancing may (9) ... special clothes when you get more advanced; others (10) ... you to dress more casually.

Прочитайте текст. Выберите один из предложенных вариантов ответа. Заполните пропуск (1).

- 1) remain      2) maintain      3) use      4) defend