

Keeping fit

Remember! Commas have two main jobs:

1. To separate things in a list (eg I need new shoes, socks, gloves and trousers before I start work).
2. To add extra information. Use commas to mark out the less important part of a sentence, which is a useful way of making the sentence more interesting (eg The van, which was parked by the light, had a dog on the front seat).

Add commas to this text to make the sense clearer:

Some people would rather miss the bus or train than run to catch it. Are you someone who hates to run or even walk fast? Well things could change. More people are taking up running to keep fit. Doctors say that running even just a few kilometres each week can help you to avoid heart attacks.



Runners have less chance of illnesses such as strokes and diabetes than people who don't take exercise. As well as keeping fit which has to be a good thing running can also help you to lose weight. Why not join a club to get you started?

Now compare your text with the text on the 'Keeping fit' answer sheet.