Text 12

**Texting while walking is dangerous**

Writing text messages and walking is dangerous. It is more dangerous than driving and texting. While texting, more people get injured while walking than driving. Walking in a straight line is not easy and we can forget how to walk properly when we are not concentrating which can lead to dangerous things happening, for example bumping into people or being hit by cars or falling over things in the street.

There are a few reasons why texting and walking is dangerous. People cannot see when they look at their keyboard. Their minds are somewhere else – they are not thinking about walking safely. Thousands of people have accidents including serious head injuries.  
   
**Too much jogging could be a problem!**

Running is good for our health however a recent study says that running too much is bad for us and it doesn’t always make our lives longer. A specialist said too much running can damage your heart. Long-distance runners and people who never exercise can have the same risk of having a heart attack.

Experts looked at the health of 3,300 runners. Most of them ran over 30 kilometres a week and it was found that some marathon runners had hard parts in their hearts. A doctor who started running in 1967 and ran 60 kilometres every week and thought his heart was strong now has heart problems. He now says we should exercise, but not too much.