**Go Running**

Many like going jogging in the morning, while I prefer to go for a run in the evenings. In the morning I usually take a stroll before breakfast in the park. The reason is I start working at 8 o’clock and I don’t want to get up so early. Only a few elderly people who have retired take a stroll with their dogs in the park or along the pavement.

I have been running for six years. If I didn’t work overtime or the weather was fine, I would go running. Presumably, the activity will be kept because of the pleasure I have when running. Furthermore, through the consistent and dedicated running exercise over the past few years, I have observed a noticeable reduction in the severity of my rhinitis symptoms. (written by Bard).