# Lose/Loose

**Directions:** Watch the video lesson by scanning the QR code above. Then insert either lose/loose in the paragraph below.

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I'm afraid that my pants might be too (1)_____ and I could lose them while running. It's happened before, and it was embarrassing. But if I don't wear (2)_____clothing, I'll get too hot and start to (3)_____my breath. I don't want to (4)_____ lose my endurance and have to stop before I finish my run. Sometimes, when I'm listening to music, I (5)_____ lose track of time and forget to check my pace. If I'm not careful, I could (6)_____ my rhythm and slow down too much. I can't afford to (7)_____ my motivation, or I'll never meet my fitness goals. It's a fine balance between keeping my clothing (8)_____ enough to be comfortable and not (9)_____ing my focus on my workout.

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**Directions:** Now demonstrate your knowledge on the differences of "lose" and "loose." Write a paragraph on the topic of your choice inserting both "lose" and "loose" multiple times.

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