

Choose the correct alternative

According to experts, the way you spend your free time is vital to your general

Happy / happiness and healthy / health, and get / getting the right balance /

Balancing is very important.

It goes without saying that physical fit / fitness is the key, so everyone's leisure

time should include some form of exercise, ideally something that you also find

enjoyable / enjoyment.

Most people also gain satisfied / satisfaction from do / doing something creative/

creativity, such as paint / painting, cook / cooking or garden / gardening.

However, as professor Michael A. points out, not all of your free time activities

Should be solitary / solitariness, or you may end up feeling lonely / loneliness.

Companion / Companionship is also important / importance to most people's sense

Of well-being.

But you must find the right kind of social interaction / interactive, argues professor.

Member / membership of some groups, such as political / politician parties

Can simply lead to stress and frustrated / frustration.

Join / Joining a supportive / support social / society group like a choir or a

dance class is likely to be much more benefit / beneficial.