Do you want to live longer, better and happier? Do these things below to boost health.

1. Do daily exercise

(1) ------ time for daily exercising. Walking is a great choice. Just at least 10 minutes each day is enough. (2) ------ sports like biking, swimming or yoga.

2. Have a healthy diet

Quit junk food and (3) ------ food high in fat, salt, and cholesterol. (4) ------ healthy foods like fruits, vegetables, fish or nuts when you go to the supermarket.

3. Maintain a healthy weight

If you get fat, (5) ------ and (6) ------. Don't (7) ------ calories than you burn, or you may face health problems like heart disease, diabetes, or stroke.

4. Have a regular medical check up

Often do necessary tests to adjust your diet and exercise properly.

5. Relieve stress

LIVEWORKSHEETS