

Watch the episode and fill out the gaps

1. I try to eatand keep.....
2. First of all, I eat almostorganic food.
3. I think it'shealthy.
4. I try tobetween diet and exercise.
5. That can result in a hectic.....
6. I like to.....
7. Iregularly.
8. I stay in bed and Ian awful lot.
9. I stay in bed, get some.....rest.
10. I try tonaturally