Healthy Lifestyle

I Choose True or False

1. Our bodies don't make any change to how we feel.
2. Physical activity makes people feel better in general.
3. Small changes in our day to day are great options for our physical fitness.
4. Meal is unimportance for our mental health.
5. Alcohol, caffeine, tobacco, and even drugs can cause long-term problems.

II Listen and complete the sentences

6. _____ and wellbeing can be affected by drug, physical alcohol, smoking and drugs activity in several ways.
7. Hormones that help us sleep and feel better is called _____.
8. Physical activity is suggested as a good treatment for some types of _____.
9. It's important to keep an eye on your calories, so you have to eat a healthy _____.
10. Cutting down alcohol can really help us feel better because it in particular can _____.