

## Vocabulary - A Healthy Lifestyle

Read the article '*A Healthy Lifestyle*'. Match the words in bold with their synonyms.

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|----------------|-------------------|
| 1. avoid       | a) diminish       |
| 2. change      | b) eliminate      |
| 3. cut down on | c) keep away from |
| 4. cut out     | d) modify         |
| 5. give up     | e) reduce         |
| 6. reduce      | f) start          |
| 7. take up     | g) stop           |