

## Staying healthy

1 Complete the phrases with the verbs in the box.

do eat (x2) have play watch

- 1 eat fruit and vegetables
- 2 do sports
- 3 watch less TV
- 4 eat less sugar
- 5 have a healthy diet
- 6 do exercise

## Health and well-being

2 Match 1–6 with a–f to make phrases.

1 drink	a stressed
2 spend	b too quickly
3 feel	c your mood
4 get	d enough water
5 eat	e time outdoors
6 improve	f active

3 Complete the blog with the phrases in the box.

eat fast food get enough sleep  
go to bed late have sugary snacks  
keep fit skip breakfast

## My fitness diary: day 1

Today is the first day of my new routine. I have decided I must do more exercise. I don't really play any sports, so I have decided to 1 keep fit by taking an exercise class and running three times a week.

I also realised that a lot of my eating habits are not very healthy. I mostly have a healthy diet, but I sometimes 2 \_\_\_\_\_, especially at weekends when I'm out with friends. On school days I'm often late and 3 \_\_\_\_\_. This morning, however, I had a cereal bar and some fruit at home, and I didn't feel tired like I usually do or have to 4 \_\_\_\_\_ at school to help me concentrate.

Another thing I want to improve is my sleep. I know it's really important, but I know that I don't 5 \_\_\_\_\_.

I often 6 \_\_\_\_\_ – sometimes after midnight – and then I feel tired all day. So yesterday I went to bed at 9:00 pm and slept for 10 hours! I felt great.

## Healthy habits

4 Match 1–7 with a–g to make phrasal verbs.

1 stay	a through
2 take	b up
3 sleep	c off
4 wake	d up
5 talk	e in
6 stick	f care of
7 switch	g to

5 Complete the sentences with the phrasal verbs from exercise 4.

- 1 You must switch off all mobile phones in the cinema.
- 2 You will sleep better if you \_\_\_\_\_ a regular bedtime routine.
- 3 Kelly always wants to \_\_\_\_\_ her problems with me.
- 4 I often \_\_\_\_\_ late on Saturday night and sleep until midday on Sunday.
- 5 My mum likes to \_\_\_\_\_ herself by doing yoga every day.
- 6 I sleep badly and rarely \_\_\_\_\_ refreshed.
- 7 I love to \_\_\_\_\_ until 11 o'clock in the morning at the weekend.