YOU and YOUR BODY

Fill the gaps!

Walk	In front of	smoking	sunscreen	contain
strenuous	Protect	Avoid	damage	take exercise
skin	portions	than	Healthy	vegetables
up	smoke	sunbathe	properly	future

Don't spend all your time (1) _____the TV or the computer. Young people that (2)_____ are fitter, healthier and happier than people who don't. (3)_____ people exercise for thirty minutes a day.

You don't have to do (4)_____exercise. Even simple things can help. (5)_____ instead of taking the bus, for example.

(6)_____ junk food. Don't fill yourself up with things that (7)_____a lot of fat and sugar. Choose things that are good for you, like fruit and (8)_____. Try to eat at least five (9) _____of fruit and vegetables a day.

Don't start (10)_____. People that smoke live, on average, 7-10 years less (11)_____ non-smokers. It's hard to give (12) _____smoking, so it's best if you don't start in the first place. Other people's (13)_____ is also bad for you, so try to avoid places that are smoky.

(14) _____your skin. People who (15)_____ a lot more likely to get (16) _____cancer. In hot, sunny weather wear (17)_____, sunglasses and a hat.

Wear shoes that fit(18)_____. Shoes which are too tight or loose will (19)_____ your feet, your ankle and your posture. As a result you'll have problems in the (20)_____.

LIVEWORKSHEETS