Read the texts below. Match choices A—H to texts 17—21. There are three choices you do not need to use. Write your answers on the separate answer sheet.

HOW TO KEEP FIT AND HEALTHY

17 In our fast-paced world, there can be a tendency to eat while distracted. Many of us will benefit from eating mindfully. Some things to think about here are avoiding eating when distracted, eating more slowly, and taking time to taste food properly. One particular thing to focus on is chewing your food thoroughly.

18 Exercise does more than burn calories. Engaging in physical activity helps keep the heart and lungs strong and produces endorphins — chemicals that improve mood. A well-balanced exercise routine includes aerobic exercise, strength training and flexibility training, such as yoga or pilates. According to the Kids Health, a website presented by the Nemours Foundation, teens should engage in at least 60 minutes of exercise every day.

19 Our body is almost two-thirds water, so staying hydrated is important. Teenagers should aim to drink six to eight glasses of water per day, according to the British Nutrition Foundation. That number increases for teens who engage in sports or are especially active. Sugary and caffeinated beverages should be limited as they provide excess sugar and empty calories.

20 According to Cleveland Clinic, teenagers need at least nine hours of sleep each night to function at their best during the day. It sounds easy enough, but with early school start times, late afternoon practices and hours of homework, getting enough sleep can be a challenge. Set a regular bedtime time that allows for nine hours of sleep, have at least an hour of "quiet time" prior to bedtime. Quiet time can include listening to soothing music or reading a book.

LIVEWORKSHEETS

21 Beyond just making you a happier and more pleasant person to be around, showing gratitude can also add to long-term well-being, according to the research published in the journal *Applied Psychology: Health and Wellbeing*. So go ahead.

A Let your body rest

B Learn to be thankful

C Eat more fruits and veggies

D Get enough liquid

E Exercise in the morning

F Make a workout your habit

G Have unhurried meals

H Start your bedtime at nine

LIVEWORKSHEETS