

Mark: Hi, Nam!

Nam: Hi, Mark! Long time no see. How are you?

Mark: I'm fine, thanks, but you look so \_\_\_\_\_ and healthy! Have you started \_\_\_\_\_ again?

Nam: Yes, I have. I've also stopped eating \_\_\_\_\_ and given up bad habits, such as staying up late.

Mark: I can't believe it! I thought you can't live \_\_\_\_\_ burgers and chips!

Nam: I know. I ate a lot of fast food, but now I prefer fresh fruits and \_\_\_\_\_.

Mark: So what happened?

Nam: Well, it was my \_\_\_\_\_. I visited him during my last summer holiday and have learnt a lot of \_\_\_\_\_ life lessons from him.

Mark: Really?

Nam: Yes. He's a wonderful \_\_\_\_\_. He has just had his 90th birthday, but he's still full of energy!

Mark: Amazing! How does he stay so active?

Nam: Well, he does \_\_\_\_\_ every morning, goes to bed early, and eats a lot of vegetables. We spent a lot of time \_\_\_\_\_ cooking, working in his garden, and walking in the parks. I've \_\_\_\_\_ from him that taking regular exercise and eating a \_\_\_\_\_ are the key to a long and \_\_\_\_\_ life.