

READING ACTIVITY

A2 LEVEL

Healthy Habits for a Balanced Life

My name is Daniel, and I try to follow healthy habits every day because they help me stay active and positive. On weekdays, I wake up at 7:00 a.m., and I usually stretch for a few minutes before I get out of bed. After that, I have a light breakfast, usually fruit, yogurt, and a cup of tea. I don't like heavy meals in the morning because they make me feel sleepy.



I leave home at 8:00 a.m. and walk to work, which takes about twenty minutes.

I enjoy this walk because it gives me time to think and prepare for the day. At work, I always check my schedule first and organize the tasks I need to complete. I usually work until 12:30 p.m., and then I eat lunch with two colleagues. We often talk about movies, weekend plans, or new recipes.

In the afternoon, when I feel tired, I sometimes take a short break and drink a glass of water. It helps me continue working with more energy. I finish work at 5:00 p.m., and on most days I go to the gym. I usually exercise for forty minutes, and then I go home. In the evening, I cook my dinner and watch a series or read a book. Before I go to sleep, I always prepare my clothes for the next day because it saves me time in the morning. I usually go to bed at 10:30 p.m. and listen to soft music until I fall asleep.

These daily habits help me feel balanced, healthy, and organized. I don't follow them perfectly every day, but I try my best because good habits make life easier.

Choose the correct answer.

1. What does Daniel usually eat for breakfast?

- a. Eggs and toast
- b. Fruit, yogurt, and tea
- c. Cereal and milk
- d. A heavy meal

2. How does Daniel get to work?

a. He drives a car

- b. He takes the bus
- c. He rides a bike
- d. He walks

3. What does Daniel usually do after work?

- a. Goes to the gym
- b. Visits his family
- c. Takes a long nap
- d. Goes shopping

4. What does Daniel do before going to sleep?

- a. Cleans the house
- b. Prepares his clothes for the next day
- c. Talks on the phone
- d. Takes a long walk

Read the statement and select True or False.

- 1. Daniel likes heavy meals for breakfast.
- 2. He sometimes takes a short break at work when he feels tired.
- 3. Daniel usually goes to bed at 11:30 p.m.

Match the activity with the correct time of the day:

a. Wakes up	1. 5:00 p.m.
b. Finishes work	2. 10:30 p.m.
c. Goes to bed	3. 7:00 a.m.