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

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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.

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