2. Fill in the blanks with the correct word or expression from the list below. Mind the grammar.

be in its prime | declutter | reset your routine | help your digestion | get your steps in | put things off | see a turnround | be deprived of sunlight

1. People tend to _____ more when they feel tired, stressed, or overwhelmed with too many tasks.
2. In countries with long winters, people can _____for a long time.
3. Changing small habits can be enough to _____ without making big lifestyle changes.
4. Buying fruit and vegetables when they _____ is worth it, even if they are a bit more expensive.
5. Modern lifestyles make it difficult for many people to _____ during a normal working day.
6. Even small changes in sleep or exercise can help people _____ in their mood.
7. People often feel more productive after they _____ their workspace or study area.
8. Some people believe that a short walk after a large meal _____ more than sitting down immediately.

Do you agree or disagree with the statements? Why?

LIVEWORKSHEETS