Circle the correct words to complete the text.

Keeping healthy by Doctor Orlov

If you want to be healthy, it's important to exercise every day. You [1] **must** / **shouldn't** spend a lot of time on your computer. You [2] **should** / **mustn't** try to play outside in the fresh air. And you [3] **should** / **shouldn't** sleep at least nine hours every night.

If you get ill, you need to be careful. You [4] **mustn't** / **need to** do sports because your body [5] **needs to** / **mustn't** rest. You [6] **mustn't** / **should** keep warm and you [7] **must** / **shouldn't** drink plenty of water. If you feel very ill, it's important to see the doctor.

LIVEWORKSHEETS