4. Early morning sleep helps us prepare our mind which helps us manage our feelings and avoid _____ too stresseD.

A. get **B.** to get **C.** getting **D.** got

5. I prefer fruits and vegetables _____ fast food and junk food

A. of **B.** for **C.** than **D.** to

6. Just 15 minutes of daily _____ can add three more years of life

A. smoking **B.** reading **C.** routines **D.** exercise

7. However, you shouldn't drink coffee and green tea too much _____ they can make it harder for you to sleep.

A. because **B.** because of **C.** although **D.** despite

8. She got enough sleep last night, so today she is full of _____

A. exercise **B.** energy **C.** injuries **D.** stress

9. We spent a lot of time _____, doing the gardening and walking in the parks

A. cooked **B.** cook **C.** cooking **D.** to cook

10. The office has a gym for those who like to _____ exercise in their lunch hour.

A. take **B.** put **C.** make **D.** give

11. The key _____ a healthy body is diet and exercise

A. for **B.** with **C.** to **D.** by

12. We should _____ healthy by eating well and exercising regularly.

A. sound **B.** seem **C.** look **D.** stay

13. _____ fruit and vegetables form an important part of a healthy diet

A. Raw **B.** Fresh **C.** Frozen **D.** Cooked

14. We _____ our 25th wedding anniversary in Florence.

A. celebrated **B.** memorized **C.** remembered **D.** organized

15. This exercise is designed to build the shoulder and back _____

A. skin **B.** bones **C.** flesh **D.** muscles

16. Increasing numbers of children are _____ from mental health problems due to bad habits

A. suffering **B.** recovering **C.** harming **D.** improving

17. _____ attention to your diet, exercise, sleep, and happiness, and you'll find yourself enjoying your 100th birthday!

A. Put **B.** Take **C.** Pay **D.** Attract

18. Start following these five habits to add years to your life _____.

A. expect **B.** expectant **C.** expectation **D.** expectancy

19. Put away your electronic _____, turn off the TV, and chill out on your bed or the sofa for 10-15 minutes before you try to go to sleep.

A. mails **B.** books **C.** devices **D.** appliances

20. Coffee and green tea can help _____ your risk of early death by 20 to 30%.

A. promote **B.** reduce **C.** examine **D.** increase

21. I believe you need to decide if you want to focus on _____ weights or improving your heart health

A. lifting **B.** putting **C.** taking **D.** pulling

22. The doctor have just _____ the patients and fortunately the treatment is working

A. discharged **B.** suffered **C.** examined **D.** operated

23. 30 minutes is enough time to use social media because the screens of electronic devices _____ blue lights

LIVEWORKSHEETS