

GETTING HEALTHIER

Read the text and write the correct word for the gap.

I have quite a healthy life these days, but I wasn't always so good! A few months (1) _____, I realized that I needed to change my habits. I (2) _____ spending too much online and not eating well. I decided to do something (3) _____ it.

The first thing I changed was my diet. My parents have always provided me with healthy meals, but I often ate unhealthy snacks like crisps and sweets in (4) _____ meals. I stopped doing this and immediately lost some weight. Then I started to do more exercises. (5) _____ of sitting at my laptop all evening, I went out for a short run. I ran a little further each week and feel so much better now! I also realized that I wasn't getting (6) _____ sleep because of staying up late surfing the internet. I've also decided to limit my time online. All this goes to show - anyone can change!

