

POP STAR - HEALTHY LIFE

Read the article and check **RIGHT**, **WRONG** or **DOESN'T SAY**

How do the Irish Pop Group "BOYZONE" live a healthy life?

Stephen: Sleeping well is very important. When I can get home to my mother's house, I sleep for ten hours. But I find it very difficult to sleep at night after a concert because my head is full of music.

Keith: Sport is important. Before I had a car accident I was at the sports center two and a half hours a day, five days a week. I can't do that now so I do about 150 sit-ups a day.

Ronan: I don't drink alcohol or smoke. I try to eat well. Also I drink a lot of water because it's good for your health. I should have about eight glasses a day but I don't always drink so much.

Shane: People shouldn't work all the time. I love my job but there are other things I like doing too. In my free time I just listen to music or watch TV. It's good for you to do nothing sometimes.

Mikey: I don't get tired any more since the doctor told me to eat better. Now I eat lots of things like carrots and spinach every day. But I still eat burgers sometimes!

Choose the correct answer.

	RIGHT	WRONG	DOESN'T SAY
1 Stephen sleeps well in his mother's house.	X	X	X
2 Stephen thinks a lot about music after a concert.	X	X	X
3 Keith's accident happened last year.	X	X	X
4 Keith goes to the sports center five days a week now.	X	X	X
5 Ronan thinks he drinks enough water every day.	X	X	X
6 Shane is only happy when he's working.	X	X	X
7 Mikey was often tired before he started eating vegetables.	X	X	X
8 Mikey's favorite food is burgers.	X	X	X

