Healthy Changes

Ana has a lot of health problems. She often feels sick. She has high blood pressure and diabetes. She is a busy woman with a job and a family. She has a lot of stress in her life. She doesn't have time to relax. She is very overweight. She eats a lot of fast food. She never exercises. She only sleeps about 5 hours a night. She wants to change her life so she can be healthy.

The doctor gives her a lot of advice. She should find time to relax. She should lose weight. She should cook healthy food. She shouldn't eat junk food. She shouldn't drink soda. She should drink more water. She should work out in the gym. She should walk every day. She should sleep 7 or 8 hours a night.

Ana decides to make changes in her life. From now on, she is going to relax more. She is going to lose weight. She is going to cook healthy food at home. She is not going to eat junk food. She is not going to drink soda. She is going to work out at the gym three times a week. She is going to walk every day. She is going to sleep more. She hopes that she is going to have better health in the future.

LIVEWORKSHEETS

What **is** Ana ***going to*** **do**? *Finish* the sentences.

1. Ana is overweight now. In the future, _____

_____

2. She drinks a lot of soda, but starting today _____

_____

3. She only sleeps 5 hours a night, but in the future, _____

_____

4. She never exercises, but from now on _____

_____

5. What else is Ana going to do differently? _____

_____

Answers:

1. she is going to lose weight. OR she is going to cook healthy food. OR she is not going to eat junk food.
2. she is not going to drink soda. OR she is going to drink water.
3. she is going to sleep more.
4. she is going to work out at the gym three times a week. OR she is going to walk more.
5. She is going to relax more. OR She is going to have better health.

LIVEWORKSHEETS