

Practice 2

8

Read the text below and correct the underlined errors.

For each question, write the correct word in the space provided on your answer sheet.

A Healthy Lifestyle

There are many ways on how people can (0) led a healthy lifestyle. If you want to be fit and well, (1) your should maintain a healthy weight, eat a balanced diet and do physical exercises. You also (2) needed to consume more fruits and vegetables instead of rice and noodles. Drinking a lot of water (3) are necessary and reducing the intake of carbonated drinks, coffee and sugar can be beneficial. It requires some discipline to exercise (4) regular. Thus, you have to get moving and stay active. It is also important to relax. Stress is bad to the mind and the body. (5) Getting a good night sleep so you can feel revitalise when you wake up. In addition, go for a medical check-up (6) but if there is any disease, it can be detected (7) in an early stage. Practising a healthy lifestyle means making changes to your bad habits and to be consistent in doing them. The rewards (8) were worth all the effort being made.

Example:

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