

Choose the correct words.

How Teens Can Stay Fit

Any type of regular, physical activity can improve your fitness and your health. The most important thing is that you keep (1. move / moving)!

Exercise should (2. be / being) a regular part of your day, like (3. brush / brushing) your teeth, eating, and sleeping. It can be (4. work / working) hard in gym class, joining a sports team, or exercising on your own. Keep our tips in mind:

(5. Find / finding) an activity that you think is fun. Many people find it's more fun to exercise with someone else, so see if you can find a friend or family member to be active with you. Take it one step at a time. For example, (6. walk / walking) or (7. ride / riding) your bike to school or to a friend's house. Use the stairs more often. In addition to exercise, (8. make / making) just a few other changes in your life can help keep you healthy.

Either watch less TV or spend less time on (9. play / playing) computer games. (Use this time to exercise!) Eat 3-5 healthy meals a day, (10. drink / drinking) enough water before, during, and after any exercise. Stop (11. drink / drinking) or drink fewer soft drinks.

Don't forget that you need 9 to 10 hours of sleep every night.