

**more
- less**

1. Eat _____ fruits and vegetables.
2. Stay outdoor and do _____ exercises to be healthier.
3. Drink _____ alcohol or you will be weak.
4. Sleep _____ and don't go to bed too late.
5. Practice _____ and you will improve your skills.
6. Spend _____ time on smartphone and laptop or you will ruin your eyes.
7. Go out _____ and make some new friends, so you won't be lonely.
8. Drink _____ coffee. It's not good for your brain.
9. Read _____ books to broaden your knowledge.
10. Play _____ computer games and study

