

Questions 27 to 32

You are going to read an article about a healthy Lifestyle for the first time. Six sentences have been removed from the article.

Choose from the sentences A to H the one which fits each gap (27 to 32). There are two extra sentences which you do not need to use.

Mark your answers on the separate answer sheet.

Healthy Lifestyle

Many of us are struggling to lose some weight and various methods are taken in achieving the goal for the ideal weight. Believe it or not, 27 Moreover, some are willing to risk their lives by choosing a faster yet painful way to shed off their unwanted fats through surgery or liposuction procedures. Forget about spending thousands of ringgit on unnecessary diet pills or slimming programmes. Instead, we can accomplish our goal to be slimmer and fitter through a healthy lifestyle. Firstly, we should always consult a doctor or qualified nutritionist before attempting to lose weight so that we can get 28 We should not take lightly on the advice or suggestion provided as our safety is very important. We should consume foods high in fiber, vitamins and protein whilst it should be low in fat, sugar and preservatives. Taking more fruits and vegetables loaded with fiber and vitamins can improve our digestive and immune systems. Also, 29 Fish and lean meat are also good sources of protein to build up muscles and repair damaged tissues in our bodies. Unfortunately, we tend to indulge in junk food or fast food instead. After all, there is a saying that says you are what you eat. It is basically true given that most of us are carried away when it comes to satisfying our appetite and we eat excessively. Apart from that, we should do some exercise from time to time. There are 1001 excuses given by many people whenever this topic is brought up. Apparently, 30 and long working hours hinder them

from exercising. There are many sports centres, gyms and swimming pools available for everyone to use. Physical activities such as jogging, swimming, hiking or even dancing stimulate various muscles and increase our metabolism.

Besides, 31.  Eventually, it can boost our confidence and improve our self-esteem too. Regular physical activities can even help us to prevent depression and develop our energy level. Everyone is looking for the formula to lose weight but the fact is that determination and self-discipline are the two main factors in this process. Staying fit and healthy can be challenging for most of us but it is a wise choice to take. Besides healthy diet and routine exercise, 32  By following the strategies mentioned above, we will be able to have a long-term success in reaching and maintaining our ideal weight.

A people nowadays claim that their busy lifestyle.

B we will be able to manage our weight when we exercise regularly.

C Furthermore, it grants users the ability to get an overview of a book and then jump to a specific location based on that overview.

D they are rich in nutrients that your body needs to survive and be healthy.

E we should also avoid smoking and alcoholic drinks.

F there are people, who are torturing their bodies with extreme diet plans or taking slimming pills.

G It is easy to make a delicious-looking hamburger at home.

H the proper guidance based on our own individual needs and goals.