

Staying healthy

- 1 Complete the phrases with the verbs in the box.

do eat (x2) have play watch

- 1 eat fruit and vegetables
- 2 _____ sports
- 3 _____ less TV
- 4 _____ less sugar
- 5 _____ a healthy diet
- 6 _____ exercise

Health and well-being

- 2 Match 1–6 with a–f to make phrases.

- | | |
|-----------|-----------------|
| 1 drink | a stressed |
| 2 spend | b too quickly |
| 3 feel | c your mood |
| 4 get | d enough water |
| 5 eat | e time outdoors |
| 6 improve | f active |

- 3 Complete the blog with the phrases in the box.

eat fast food get enough sleep
go to bed late have sugary snacks
keep fit skip breakfast

My fitness diary: day 1

Today is the first day of my new routine. I have decided I must do more exercise. I don't really play any sports, so I have decided to 1 keep fit by taking an exercise class and running three times a week.

I also realised that a lot of my eating habits are not very healthy. I mostly have a healthy diet, but I sometimes 2 _____, especially at weekends when I'm out with friends. On school days I'm often late and 3 _____. This morning, however, I had a cereal bar and some fruit at home, and I didn't feel tired like I usually do or have to 4 _____ at school to help me concentrate.

Another thing I want to improve is my sleep. I know it's really important, but I know that I don't 5 _____. I often 6 _____ – sometimes after midnight – and then I feel tired all day. So yesterday I went to bed at 9:00 pm and slept for 10 hours! I felt great.

Healthy habits

- 4 Match 1–7 with a–g to make phrasal verbs.

- | | |
|----------|-----------|
| 1 stay | a through |
| 2 take | b up |
| 3 sleep | c off |
| 4 wake | d up |
| 5 talk | e in |
| 6 stick | f care of |
| 7 switch | g to |

- 5 Complete the sentences with the phrasal verbs from exercise 4.

- 1 You must switch off all mobile phones in the cinema.
- 2 You will sleep better if you _____ a regular bedtime routine.
- 3 Kelly always wants to _____ her problems with me.
- 4 I often _____ late on Saturday night and sleep until midday on Sunday.
- 5 My mum likes to _____ herself by doing yoga every day.
- 6 I sleep badly and rarely _____ refreshed.
- 7 I love to _____ until 11 o'clock in the morning at the weekend.