

HEALTHY LIFESTYLES

➤ Complete the text with the right word. The first letter is already provided!

In order to have a **h**_____ lifestyle we should **e**_____ a balanced **d**_____, to provide the **b**_____ with the **n**_____ it needs.

Our body needs vitamins, minerals and also **p**_____.

We can get vitamins and mineral, for example by eating **f**_____ and **v**_____.

Food rich in proteins are, for example, **f**_____, **e**_____ and **m**_____.

Another important thing to have a healthy **l**_____ is by doing exercise. So, Let's move!

Go **s**_____ or **s**_____, play **b**_____ or **t**_____ or do **y**_____ or **a**_____ to keep, not only your body, but also your **m**_____ healthy!

When you do sports, you need more **e**_____, so you should eat food rich in **c**_____, such as **p**_____, **r**_____, **b**_____ or **p**_____ and, of course drink a lot of **w**_____ to get **h**_____.

To finish, we shouldn't forget to **s**_____ at least 8 hours a day.

A good **n**_____ sleep is also very important to have a **h**_____ **l**_____.

MENS SANA IN CORPORE SANO! ☺