

**Watch the episode and fill out the gaps**

1. I try to eat .....and keep.....
2. First of all, I eat almost .....organic food.
3. I think it's .....healthy.
4. I try to .....between diet and exercise.
5. That can result in a hectic.....
6. I like to.....
7. I .....regularly.
8. I stay in bed and I .....an awful lot.
9. I stay in bed, get some.....rest.
10. I try to .....naturally