

Watch the episode and fill out the gaps

- 1.I try to eatand keep.....
- 2.First of all, I eat almostorganic food.
- 3.I think it'shealthy.
4. I try tobetween diet and exercise.
5. That can result in a hectic.....
- 6.I like to.....
- 7.Iregularly.
- 8.I stay in bed and Ian awful lot.
9. I stay in bed, get some.....rest.
10. I try tonaturally