



Choose the correct item.

Searching for a New Programme

A healthy lifestyle can vastly improve your well-being. This is a lifestyle designed for those who wish to feel more certain about their health and more in control of what the present and future will bring them in that important **1** _____ of existence.

None of us wants to be sick. None of us enjoys the idea that we may become a medical statistic. This is a simple, easy-to-follow health-style that can enable you to get cards very much in your **2** _____.

The doctors were fortunate enough to come into **3** _____ with a field of study that brought them to healing and well-being that they so desperately needed. They personally have **4** _____ thousands of people improve their health using only a small part of information. Many more people begin to improve their health now.

Embracing the most current information from many health-related fields, the programme of healthy lifestyle gives you an understanding of the impact of exercise, breathing, sunshine, sleep and much more on your health. In order for this programme to work for you, you have to be willing to apply at least some part of it.

Some change will be **5** _____. And as you make those first modest changes, you will get positive results that encourage you to do more. Changing is fun. And if you realize that your new healthy lifestyle **6** _____ the making of new habits, not the **7** _____ of old ones, you will feel very positive about what the future holds for you.

1.	1. region	2. area	3. territory	4. sector
2.	1. advantage	2. privilege	3. favour	4. benefit
3.	1. touch	2. view	3. connection	4. contact
4.	1. witnessed	2. confessed	3. determined	4. recognized
5.	1. ordered	2. forced	3. required	4. commanded
6.	1. contains	2. encloses	3. consists	4. involves
7.	1. damaging	2. breaking	3. ruining	4. destroying

