Read the text on living a healthy lifestyle.   Some words are missing from the text. Choose from the list the correct word for each gap. There are THREE extra words which you should not use.

What You Didn't Know About a Healthy Lifestyle

Everyone nowadays knows the benefits of _____ exercise – but scientists at the University of Maastricht , in the Netherlands , say the key to staying _____ and keeping fit is to eat less and do _____ exercise such as walking or cycling. People who exercise too intensively often reward themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them _____ for the next workout. To avoid gaining _____ , researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat _____ may be good for your waistline, but research suggests it may have negative psychological _____ . Doctors at Sheffield University have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depressions and bad _____ .

Many of us already know that drinking coffee raises your blood _____ but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular _____ of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can _____ the risk of heart _____ and have a positive effect on _____ levels and high blood pressure.

If you're a chocolate fan there's good news for you ! Recent studies have revealed that _____ found in chocolate can not only put you in a good mood but also _____ you from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of _____ disease.

affects
attacks
chemicals
cholesterol
diet
disease
doses
effects
energy
exercise
gentle
heart
mood
physical
pressure
protect
reduce
slim
weight