



Read the text and fill in the gaps transforming the capitalized words.

Write in BLOCK CAPITALS without spaces between the words!!!  
(ПЕЧАТНЫМИ ЗАГЛАВНЫМИ БУКВАМИ, ТОЛЬКО ПОЛНЫЕ ФОРМЫ!!!  
без пробелов и знаков препинания!)

### Your Lifestyle

Do you have a (1) \_\_\_\_\_ lifestyle?

Is (2) \_\_\_\_\_ important?

And what's the effect of them on the human health? Eating (3) \_\_\_\_\_ at (4) \_\_\_\_\_ times can be a severe danger (5) \_\_\_\_\_ and (6) \_\_\_\_\_ : people may die younger due to fat foods, which lead to blocked arteries and heart attacks. While eating (7) \_\_\_\_\_ food helps to stay fit and improves the body.

Physical (8) \_\_\_\_\_ are most important. They include morning walks, (9) \_\_\_\_\_ , and exercises for (10) \_\_\_\_\_ , (11) \_\_\_\_\_ weights or the usual sports. For example, an old person with the habits of (12) \_\_\_\_\_ exercising may be more (13) \_\_\_\_\_ than a young person without such habits.

**HEALTH**

**CLEAN**

**HEALTH (3)**

**USUALLY (4)**

**PHYSICAL**

**MENTAL**

**HEALTH**

**ACT**

**JOG**

**FLEXIBLE (10)**

**LIFT (11)**

**DAY**

**ACT**

