



# TIME FOR EVERYTHING

Read the text and match the headings to the paragraphs. There are 2 extra heading you don't need to use.

- A Time for sit-ups and squats
- B Check your heart regularly
- C Best time for thinking
- D Visit your dentist
- E Have a snack around midnight
- F Eat dinner at reasonable time

*What is the right time of a day for your body to do anything?*

1. \_\_\_\_\_

Your brain works best around midday. It's a good time to talk to your boss about a problem or a difficult situation or do any other mental work.

2. \_\_\_\_\_

Do you hate having your teeth checked or filled? Make an appointment in the early afternoon. You don't feel pain so badly at this time during the day.

3. \_\_\_\_\_

Are you ever hungry when you finish work? This is because food tastes better in the early evening. Eating late is a bad idea. After midnight it is more difficult for your body to process the fat. And this can lead to heart problems.

4. \_\_\_\_\_

The best time to do exercises is around 8 pm. At this time of the day our body temperature is at its maximum, so our muscles are warmer. Use it!



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