

Vocabulary - A Healthy Lifestyle

Match

join

salt / sugar / fatty food / junk food / red meat / coffee

avoid

weight / a few pounds / a few kilos

go on/be on/stick to/keep to

healthy / fit

lose/put on/gain

a gym / a health club

cut down (on)/cut out

into shape / fit / enough sleep / a good night's sleep / out of breath

give up

a diet / a low-fat diet

keep/stay

stress / stressful situations / crash diets

get

your emotions / your anger / your frustration

vent

smoking / drinking (alcohol) / caffeine

Use the words in exercise 1 to fill in the blanks

1. I'm not saying you should stop eating sugar, but if you really want to _____ weight, you need to cut _____ on the amount you take.
2. She decided to _____ up smoking when she had her first child.
3. If you are stressed and need to _____ your emotions, you should talk to a friend or keep a journal.
4. Most people _____ on a diet in the spring, but few manage to _____ to it when the summer is over.
5. Doing exercise is necessary to _____ into shape, but you also need to eat a balanced diet and _____ enough sleep to _____ healthy.

Use the words in the box to fill in the blanks.

junk food - a crash diet - a balanced diet - a check-up - a health club



Use these words to fill in the blanks.

socialise - touch - develop - break - hygiene - wash - brush - check-up - home-cooked - spend - hair - stress - stressful - routine - intake - shower

_____ **bad habits**

- limit your alcohol _____
- avoid _____ situations

_____ **healthy habits**

- _____ / _____ time with friends
- eat _____ meals
- get into a healthy sleep _____
- go to the dentist for a regular _____

Look after your personal _____

- _____ your teeth
- take a _____
- _____ your hands

Relax

- get in _____ with nature
- do yoga and meditate to relieve _____
- let your _____ down and have fun