

## A Healthy Lifestyle



Scientists around the world agree that the key to staying \_\_\_\_\_ and keeping fit is to eat less and do \_\_\_\_\_ exercise such as walking or cycling. However, people who exercise too intensively often \_\_\_\_\_ 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 \_\_\_\_\_. Medical experts 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**  
**gentle**  
**healthy**  
**heart**  
**mood**  
**physical**  
**pressure**  
**protect**  
**reduce**  
**reward**  
**weight**