



Can you remember what is a healthy lifestyle? Fill in the missing words.

A \_\_\_\_\_ lifestyle involves a well-balanced \_\_\_\_\_ and exercising \_\_\_\_\_. The reason for leading a healthy lifestyle is to avoid \_\_\_\_\_ too much weight. It can also improve \_\_\_\_\_.

healthy      diet      regularly      gaining      self confidence

Live. Life. Healthy  
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