

Student's name \_\_\_\_\_ Date \_\_\_\_\_

Taken from: <https://listenaminute.com/h/health.html>

## Health



Complete the text with the word from the box

Kid, life, health check, health, sleep, exercise, doctor, fit, health, pains, aches, healthily, cold, ill, hours



I never used to worry about my 1. \_\_\_\_\_ until recently. When I was a 2. \_\_\_\_\_, I did a lot of 3. \_\_\_\_\_. Even in my twenties and thirties I was very 4. \_\_\_\_\_ and never 5. \_\_\_\_\_. I have been lucky all my 6. \_\_\_\_\_ – always in the best of health. I rarely get even a 7. \_\_\_\_\_. I suppose time catches up with you. Now I seem to be getting lots of little 8. \_\_\_\_\_ and 9. \_\_\_\_\_. I should go to the 10. \_\_\_\_\_ for a 11. \_\_\_\_\_, but I'm too busy. The older you get, the more you worry about your health. One good thing is that I'm eating more 12. \_\_\_\_\_ now than ever before. I no longer have fast food and midnight snacks. I also 13. \_\_\_\_\_ a lot more. I've read that getting seven or eight 14. \_\_\_\_\_ sleep every night is one of the best things you can do for your 15. \_\_\_\_\_.

