

FILL IN THE BLANKS WITH THE MISSING WORD

keep - healthy - take - do

If you're diagnosed with diabetes, you need to eat _____, _____

regular exercise and _____ regular blood tests to ensure your blood glucose levels _____ balanced.

swelling - damaged - working - build up - weakness

When your kidneys are _____, waste and fluids can _____ in your body. That can cause _____ in your ankles, nausea, _____, poor sleep, and shortness of breath. Without treatment, the damage can get worse and your kidneys may eventually stop _____.

MATCH THE COLUMNS

YOU WILL LIVE LONGER

YOU WILL BE TIRED THE WHOLE DAY

IF YOU GET HIT TOO HARD

HE WILL GO TO THE DOCTOR

IF HE DOESN'T FEEL BETTER TOMORROW

IF YOU FEEL TOO STRESSED

YOU SHOULD EXERCISE REGULARLY

IF YOU STOP SMOKING

YOU SHOULD TAKE A BREAK

WHEN YOU ARE TOO TIRED

IF MELISSA FEELS BAD TOMORROW

YOU WILL GET A BRUISE

IT'S DIFFICULT TO CONCENTRATE

SHE WILL STAY IN BED

IF YOU DON'T REST WELL

IF YOU WANT TO BE HEALTHY