Technology ………………………… the lives of people in this century. Working with computers and mobile phones ………………………… people's habits and lifestyles. Some people use their laptops and especially their mobile phones everywhere for no good reason. Some of them ………………………… a book for months. Some ………………………… Their relatives for a long time, some even ………………………… well or ………………………… properly for a long time. Some of these people ………………………… good habits like doing daily exercises or attending social events. They ………………………… an unhealthy lifestyle. To live longer, they need to rethink the way they live, work, and use technology.