

John Cena Habits

This is John Cena. He is forty-three years old and he is an American professional wrestler. John says to be the champion of wrestling, you need more than a nice attitude. You have to be a hardworking person, you have to spend time in the gym because it's necessary to get muscle mass but also having a healthy diet is the key to have a healthy body.



John Cena Routine



1. I always get up at 7 am.
2. I usually make a banana granola smoothie.
3. I go running for 20 minutes a day.
4. I usually include eggs, milk, toasts, and orange juice in my diet.
5. I go to the gym to exercise.
6. I always eat vegetables, grilled chicken and rice for lunch and for dinner.

Let's Practice!!!

1. John _____ time going in the gym.

- A. Spends
- B. Spend
- C. Spent

2. He always _____ at seven in the morning.

- A. gets up
- B. get up
- C. Wake up

3. John Cena _____ a banana granola smoothie.

- A. Make
- B. Makes
- C. Made

4. John _____ milk, eggs, and toast for breakfast.

- A. Have
- B. Has
- C. Had

5. To have a healthy body, he _____ exercise every day.

- A. Have to
- B. Has to
- C. can

6. John Cena _____ vegetables, rice and grilled chicken.

- A. eat
- B. ate
- C. eats