

# SOLVE AND PRACTICE THE CONVERSATION

Read the conversation. Fill in the blanks with modals.

*Van wants to be healthier. He is talking with a personal trainer about exercise and healthy habits.*

**Trainer:** You must / have to (very strong) do two things, Van. First, you \_\_\_\_\_ (very strong) eat a balanced diet. Second, you \_\_\_\_\_ (very strong) exercise every day.

**Van:** OK, I understand. I \_\_\_\_\_ (strong) stop eating lots of sugar...

**Trainer:** No, Van. Not \_\_\_\_\_ (strong). \_\_\_\_\_ (very strong). You must stop eating lots of sugar. Your body needs a balanced diet to be healthy.

**Van:** And what about exercise?

**Trainer:** You should do exercise that you enjoy. You \_\_\_\_\_ (very strong) keep trying activities until you find one that you like. For example, you \_\_\_\_\_ (gentle) try cycling.

**Van:** I like running.

**Trainer:** Good. You \_\_\_\_\_ (strong) drink plenty of water before and after you run.