

# How to be Healthy

Read the text and choose the correct word for each gap.

Most of us don't do enough exercise. Adults spend too much time at (1) \_\_\_\_\_ sitting in offices, while children spend too much time indoors, playing on their computers. What is worse is that many of us also don't eat health food. (2) \_\_\_\_\_ food, like burgers and chips, are very popular with teenagers and adults.

When we don't eat well or exercise, we (3) \_\_\_\_\_ problems with our health. This is why it is important to exercise daily and eat well. This is actually quite easy to do. We can (4) \_\_\_\_\_ by making small changes. Instead of (5) \_\_\_\_\_ a bus to work or school, we can walk or cycle. When we have a meal, we can choose healthier food. We can eat cereal for breakfast and a healthy salad for lunch and always have vegetables with our dinner. (6) \_\_\_\_\_ we do these things, then we will all be much healthier as well as happier.

