

# Healthy Eating and Fitness: Key to Well-Being



Fill in the blanks with the correct word

additives, staple, ponder, heart palpitations, ailment, outrage, hunchs, conclusive, legitimate, stigma, savory, proclaim, medical journal

Maintaining good health and fitness is essential for everyone, and it's important to understand what we eat and how it affects our bodies. Many people 1\_\_\_\_\_ whether the 2\_\_\_\_\_ in processed foods are contributing to common 3\_\_\_\_\_, such as 4\_\_\_\_\_ or fatigue. A 5\_\_\_\_\_ concern is the 6\_\_\_\_\_ surrounding healthy eating, as some may feel 7\_\_\_\_\_ at being judged for their food choices. However, making healthy foods, like fruits and vegetables, a 8\_\_\_\_\_ in our diets can lead to 9\_\_\_\_\_ health benefits. For instance, 10\_\_\_\_\_ meals that are rich in nutrients can be both delicious and nourishing. As we continue to learn from research published in 11\_\_\_\_\_, it's crucial to trust our 12\_\_\_\_\_ about what feels good for our bodies and to 13\_\_\_\_\_ the importance of health and fitness in our lives.