READ THE TEXT, THEN DECIDE WHETHER THE FOLLOWING STATEMENTS ARE TRUE (T) OR FALSE (F)

These are some easy habits that help you stay healthy and live longer.

Go for a jog

Exercise is key to good health. Aerobic activity, like running, is crucial for getting your blood pumping and your heart working. A recent study showed that people who run have 25 to 40 per cent reduced risk of early death, and live about three years longer.

Get more sun - but not too much

The "sunshine vitamin" – vitamin D, that is – has been shown to fight to disease, improve bone health, and prevent depression. Concerns over skin cancer are well-founded, and sunblock is generally a good idea. But getting 15 to 30 minutes of sun exposure a day should be adequate for vitamin D production.

Stress less

The impact of stress on our overall health is huge, so reducing stress is one way to lower our risk of many deadly diseases.

Eat more fruits and veggies

If you want to live longer, eat more fruits and vegetables. The vitamins, minerals, and most importantly, the fibre help control satiety so you do not need to eat much of the animal foods. High fibre diets promote lower cholesterol levels, and reduce the risk of heart disease and cancers such as colon cancer.

1. One of the most important things you can do to stay healthy is to exercise.
2. Vitamin D comes from the sun.
3. Getting too much sun can be harmful.
4. Stress doesn't impact on your health.
5. Fruits and vegetables contain vitamins, minerals and fibre.
6. A high fibre diet can cause heart disease and colon cancer

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