

MANLY HEALTH

Read the text and choose the correct word.

According to a recent survey, males (0)_____ all ages are more likely to practice behaviors linked to higher mortality (1)_____ females. They are also less likely to practice protective behaviors. Indeed, it is a sad fact that in modern-day society (2)_____ is a belief that being healthy is not manly! Apparently, caring about your body, (3)_____ you eat and how you live makes you less of a man. If I want to be "manly", I need to ignore my stresses and emotions. Even seeing my doctor is not regarded (4)_____ a masculine thing to do. To be manly, I have to ignore what my doctor tells me, and worst of (5)_____, I am only really manly (6)_____. I don't actually care! Why is (7)_____ that caring about my health, protecting my skin from the sun, avoiding sugary and fatty foods and sharing my stresses is something that should only (8)_____ done by women? Being healthy, whether you are a man or woman, should be encouraged, celebrated and congratulated.

