

Mark: Hi, Nam!

Nam: Hi, Mark! Long time no see. How are you?

Mark: I'm fine, thanks, but you look so _____ and healthy! Have you started _____ again?

Nam: Yes, I have. I've also stopped eating _____ and given up bad habits, such as staying up late.

Mark: I can't believe it! I thought you can't live _____ burgers and chips!

Nam: I know. I ate a lot of fast food, but now I prefer fresh fruits and _____.

Mark: So what happened?

Nam: Well, it was my _____. I visited him during my last summer holiday and have learnt a lot of _____ life lessons from him.

Mark: Really?

Nam: Yes. He's a wonderful _____. He has just had his 90th birthday, but he's still full of energy!

Mark: Amazing! How does he stay so active?

Nam: Well, he does _____ every morning, goes to bed early, and eats a lot of vegetables. We spent a lot of time _____ cooking, working in his garden, and walking in the parks. I've _____ from him that taking regular exercise and eating a _____ are the key to a long and _____ life.