

A Long and Healthy Life

Use the words in the box to complete the text.

full of energy bad habits regular exercise fit balanced diet |

Everyone wants to stay healthy and live longer, but this is not always easy. First, it is important to remain full ____ (1). With enough strength and enthusiasm, we can study, work, and enjoy daily life.

Second, we should avoid ____ (2). Unhealthy behaviors such as smoking, eating fast food, or sitting all day may shorten our lives. Instead, replacing them with reading, walking, or spending time with friends is a wiser choice.

Another key element is doing ____ exercise (3). Regular activity helps us keep our bodies strong, reduce stress, and stay mentally sharp. Thanks to this, we are more likely to ____ (4) and avoid serious diseases.

Finally, following a ____ (5) ensures that our bodies receive the right types and amounts of food. Eating plenty of vegetables, fruits, and fish provides nutrition, while too much sugar and fat can be harmful.

In short, energy, good habits, exercise, fitness, and a balanced diet are the foundations of a long and healthy life.