

Healthy habits

1 ★★ Complete the phrases for healthy habits with the verbs in the box.

cut get stick switch take talk

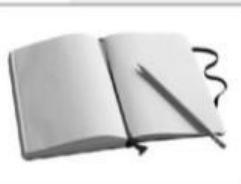
- 1 cut down on sugary snacks
- 2 get off electronics
- 3 stick through problems
- 4 get up early
- 5 switch to an exercise plan
- 6 take care of yourself

2 ★★ Choose the correct words to complete the advice.

Healthy habits for success

Who do you want to be like? Rafael Nadal? Jennifer Lawrence? Of course, people become successful for different reasons and in many different ways. There is no one secret to success, but here is a list of habits that a lot of successful people share.

Rise and shine! 1 Get up/Stay up/Keep up early, and if possible, do some exercise before breakfast. It's OK to 2 sleep on/stay in/sleep in sometimes, but don't do it regularly.



Get organised! Make a plan for each day and 3 stay to/stick to/keep on it! It's the best way to get things done.



Eat well! A healthy diet gives you more energy and helps you to think better. You don't need to stop eating your favourite unhealthy foods, but definitely 4 cut out/cut down/cut off on them.



Share your problems! If you have problems, don't keep them to yourself. 5 **Speak through them/** Talk with them/Talk them through with someone else, to find a solution.

3 ★★ Read the sentences. Are the phrasal verbs in bold T (transitive) or I (intransitive)?

- 1 I never **get up** early at the weekend.
- 2 You really need to **cut down on** chocolate!
- 3 I'm glad it's Saturday tomorrow because I can **sleep in** at the weekend!
- 4 It's a good idea to **switch off** your phone and tablet an hour before you go to bed.
- 5 It's very difficult to **cut out** sugar completely.
- 6 We **stayed up** until midnight last night!

4 ★★★ Find and correct five mistakes in the advice about staying healthy at exam time.

How to stay healthy at exam time

We all know it's important to **have care for** yourself and look after your health, but this is even more important at exam time. It isn't a good idea to keep up late revising. It's much better to go to bed early and then awake up feeling fresh in the morning. To help you sleep, you should definitely switch out your phone before you go to bed, and it's a good idea to drop out fizzy drinks in the evenings because they have caffeine in, and this can stop you sleeping.

- 1 take care of
- 2 _____
- 3 _____
- 4 _____
- 5 _____

5 ★★★ How healthy are you? What healthy habits do you have, and what habits do you need to improve? Write a short paragraph. Use at least five of the phrasal verbs in the box.

cut down on cut out get up stay up
stick to switch off talk through wake up