

A Read the text below and think of the word which best fits each space. Use only one word in each space.

## HEALTHY MIND, HEALTHY BODY



"A healthy mind lives in a healthy body" is a saying that is believed to (1) \_\_\_\_\_ often been used by the ancient Greeks. Thousands of years later, the same idea still applies. According to health experts, it's advisable to (2) \_\_\_\_\_ eight to ten glasses of water every day. However, water itself is not enough; a balanced diet is essential, too. A healthy body naturally is the result of (3) \_\_\_\_\_ exercise. Many people, however, do not like gyms and object (4) \_\_\_\_\_ going there for different reasons. Some, for instance, say that aerobic sessions are too difficult (5) \_\_\_\_\_ follow while others claim that gyms are just too expensive. Many people also claim that they have difficulty in (6) \_\_\_\_\_ time to exercise due to their hectic lifestyle, but the truth is that everyone can make a little time every now and (7) \_\_\_\_\_. Regardless of the way people choose to exercise, (8) \_\_\_\_\_ is important to remember that there's no point (9) \_\_\_\_\_ doing it only for a short period of time. Last (10) \_\_\_\_\_ not least, having a positive attitude and doing (11) \_\_\_\_\_ with negative thoughts contributes (12) \_\_\_\_\_ one's well-being. In short, following this simple advice surely helps in having a healthy mind and body.

B Complete the second sentence so that it has a similar meaning to the first sentence, using the word given unchanged. You must use between two and five words, including the word given.

- 1 John is too immature to make decisions for himself.  
mature John is \_\_\_\_\_ decisions for himself.
- 2 He can't get used to travelling abroad every fortnight.  
accustomed He \_\_\_\_\_ abroad every fortnight.
- 3 He managed to convince me that it was a safe operation.  
succeeded He \_\_\_\_\_ that it was a safe operation.
- 4 Hearing that a war had broken out was a shock to everyone.  
shocked Everyone \_\_\_\_\_ that a war had broken out.
- 5 John told Helen he was sorry he had argued with her.  
apologised John \_\_\_\_\_ with her.
- 6 Nobody liked having a new factory in the area.  
objected Everyone \_\_\_\_\_ a new factory in the area.
- 7 She couldn't afford to buy a laptop computer.  
expensive A laptop computer \_\_\_\_\_ to buy.
- 8 More dustbins have been put around so that people won't throw rubbish in the streets.  
prevent More dustbins have been put around \_\_\_\_\_ rubbish in the streets.
- 9 It would be difficult for me to adjust to a new working environment.  
difficulty I would \_\_\_\_\_ to a new working environment.
- 10 I don't see why we should wait for the blood test results all day.  
point There's \_\_\_\_\_ the blood test results all day.
- 11 He first told his mother about his success in the exam.  
know His mother \_\_\_\_\_ about his success in the exam.
- 12 The police forced the criminal to get into the car.  
made The police \_\_\_\_\_ the car.