



1. Gerardo

In my opinion, maintaining a *balanced diet* is one of the most important healthy habits we can develop. If I **had realized** earlier how *energizing eating* whole foods was, I **wouldn't have spent** years *snacking on junk food*. I once tried a very *restricting* diet, and it left me *exhausted*. Honestly, if experts *had emphasized* how essential *planning* and *cooking* healthy meals were, I **would have avoided** extreme dieting. Now I enjoy *meal planning* and *cooking* as part of my daily routine.

2. Gloria



From my point of view, *exercising* regularly is the foundation of a healthy lifestyle. If I **had started** *strength training* and *stretching* sooner, I **would have felt** more *motivated* and confident. *Relaxing* activities like *yoga* and *meditation* are extremely helpful too. Honestly, if people *had taken* *meditating* and *breathing* exercises seriously before, they **wouldn't have ignored** the impact of *rest* and *sleep* on mental health. For me, *walking* every morning has become a truly *rewarding* habit.

3. Luis.



I **strongly believe** that *eating organic* and *natural* foods is better both for our bodies and for the planet. If my family **had practiced** *drinking* more water and *eating* vegetables regularly, we **would have prevented** many health problems. Even *hydrating* properly can be surprisingly powerful. I find that *preparing* vegetables and *cooking* simple meals is both relaxing and sustainable. Honestly, if more people *had tried* *meal prepping*, they **would have maintained** healthier and more consistent diets.

4. Carolina.



In my view, *self-improvement* includes both mental development and exploring different health approaches. When I felt stressed, I tried *using alternative medicine* like acupuncture and herbal treatments. If I **had started** *trying* these relaxing methods earlier, I **would have handled** stress much better. The *calming* effect of *drinking* herbal tea was *surprising*. I also believe that *practicing self-reflection* and *building* a consistent routine are *empowering*. If schools *had taught* us the value of *reflecting* and *journaling*, we **would have developed** stronger emotional balance.

5. Carmen



To be honest, protecting the environment and improving our health go hand in hand. If communities **had encouraged** *exercising* outdoors, *eating* balanced meals, and *practicing* relaxation techniques, we **would have seen** healthier lifestyles everywhere. I think *meditating* in nature is incredibly *refreshing*. It's *encouraging* to see more people *choosing walking*, *cycling*, or *stretching* outside. If society *had supported* long-term healthy habits like *relaxing*, *breathing* exercises, and *cooking* whole foods, we **would have created** a much more sustainable and healthy environment.

1. What would have happened if the speaker had understood earlier how energizing whole foods were?

- A. They would have continued relying on junk food as a convenient daily choice.
- B. They would have replaced whole foods with even more restrictive diet plans.
- C. They would have stopped preparing nutritious meals and focused on fast options.
- D. They would have avoided spending years eating unhealthy snacks and processed meals.

2. What is the speaker's opinion about extreme diets?

- A. They are demanding routines that rarely improve long-term health or daily energy.
- B. They are convenient solutions that help people stay organized and highly productive.
- C. They are effective strategies that encourage steady motivation and strong discipline.
- D. They are comfortable habits that allow people to maintain balance without much effort.

3. What would have changed if the speaker had started strength training earlier?

- A. They would have struggled to maintain regular sleep patterns during busy periods.
- B. They would have felt more confident and motivated throughout their daily activities.
- C. They would have depended mainly on slow relaxation methods instead of exercising.
- D. They would have avoided developing any habit that required consistent physical effort.

4. What is the speaker's view on meditation and breathing exercises?

- A. They are optional routines that provide minimal support for emotional stability.
- B. They are repetitive habits that tend to increase stress during difficult situations.
- C. They are demanding techniques that mainly benefit athletes with intense training.
- D. They are helpful practices that strongly contribute to long-term mental well-being.

5. What does the speaker think would have happened if the family had practiced drinking more water and eating vegetables?

- A. They would have relied more on processed meals that required little preparation.
- B. They would have prevented several health issues that are common and avoidable.
- C. They would have contributed to behaviors that increased environmental pollution.
- D. They would have developed habits leading to unnecessary food waste and confusion.

6. What is the speaker's opinion about meal prepping?

- A. It is an unnecessary routine that can create extra pressure during the week.
- B. It is an expensive method that usually requires professional support and guidance.
- C. It is a practical habit that helps people develop healthier and more consistent diets.
- D. It is a demanding task that sometimes reduces motivation and personal productivity.

7. What would have happened if the speaker had tried alternative medicine earlier?

- A. They would have experienced more frequent stress and difficulty concentrating.
- B. They would have managed stress more effectively and with greater confidence.
- C. They would have avoided using familiar relaxation techniques recommended by others.
- D. They would have needed additional treatment to handle ongoing emotional pressure.

8. What is the speaker's opinion about self-reflection and journaling?

- A. They are outdated habits that modern students rarely find helpful or inspiring.
- B. They are routines that often feel time-consuming and offer limited emotional growth.
- C. They are optional activities that can sometimes create unnecessary mental pressure.
- D. They are powerful strategies that genuinely support personal development and balance.

9. What would have happened if communities had encouraged outdoor exercise and relaxation techniques?

- A. They would have seen healthier lifestyles spreading across different social groups.
- B. They would have created routines that eventually reduced interest in healthy living.
- C. They would have promoted behaviors that unintentionally damaged natural spaces.
- D. They would have discouraged people from eating nutritious foods and balanced meals.

10. What is the speaker's opinion about meditating in nature?

- A. It is a repetitive practice that offers very limited long-term emotional value.
- B. It is a tiring routine that requires preparation and often decreases motivation.
- C. It is a complicated activity that creates tension, stress, and mental discomfort.
- D. It is an enjoyable experience that feels calming, refreshing, and highly beneficial.