

# HEALTHY HABITS

## FIRST CONDITIONAL



Complete the sentences using the correct form of the verbs in brackets to form the First Conditional.

1. If you \_\_\_\_\_ (drink) enough water every day, you \_\_\_\_\_ (feel) more energetic.
2. If she \_\_\_\_\_ (go) to bed before 10:30, she \_\_\_\_\_ (wake up) more easily.
3. If they \_\_\_\_\_ (eat) more vegetables, they \_\_\_\_\_ (have) more energy.
4. If we \_\_\_\_\_ (exercise) three times a week, we \_\_\_\_\_ (be) healthier.
5. If he \_\_\_\_\_ (not/sleep) at least seven hours, he \_\_\_\_\_ (feel) tired tomorrow.
6. If you \_\_\_\_\_ (walk) instead of driving, you \_\_\_\_\_ (burn) more calories.
7. If my brother \_\_\_\_\_ (cut down) on sugar, he \_\_\_\_\_ (lose) some weight.
8. If I \_\_\_\_\_ (prepare) healthy lunches, I \_\_\_\_\_ (not/buy) fast food.
9. If Anna \_\_\_\_\_ (stretch) every morning, she \_\_\_\_\_ (have) less back pain.
10. If we \_\_\_\_\_ (not/use) our phones before bed, we \_\_\_\_\_ (sleep) better.
11. If you \_\_\_\_\_ (wash) your hands before eating, you \_\_\_\_\_ (reduce) the risk of getting sick.
12. If Tom \_\_\_\_\_ (take) regular breaks while studying, he \_\_\_\_\_ (concentrate) better.