

# ZERO CONDITIONAL HEALTHY HABITS



Complete the sentences with the correct form of the verbs in brackets.

1. If you \_\_\_\_\_ (drink) enough water, you \_\_\_\_\_ (feel) better.
2. If people \_\_\_\_\_ (eat) too much sugar, they \_\_\_\_\_ (have) less energy.
3. If you \_\_\_\_\_ (go) to bed early, you \_\_\_\_\_ (wake up) feeling rested.
4. If we \_\_\_\_\_ (exercise) every day, we \_\_\_\_\_ (stay) healthy.
5. If she \_\_\_\_\_ (eat) vegetables every day, she \_\_\_\_\_ (feel) stronger.
6. If he \_\_\_\_\_ (not wash) his hands before eating, he \_\_\_\_\_ (get) sick.
7. If you \_\_\_\_\_ (brush) your teeth twice a day, your teeth \_\_\_\_\_ (stay) clean.
8. If they \_\_\_\_\_ (sleep) eight hours, they \_\_\_\_\_ (have) more energy.
9. If I \_\_\_\_\_ (eat) breakfast, I \_\_\_\_\_ (not feel) hungry before lunch.
10. If the weather \_\_\_\_\_ (be) sunny, we \_\_\_\_\_ (go) for a walk.
11. If you \_\_\_\_\_ (do) yoga, you \_\_\_\_\_ (feel) relaxed.
12. If children \_\_\_\_\_ (play) outside, they \_\_\_\_\_ (get) fresh air.
13. If we \_\_\_\_\_ (eat) fast food every day, we \_\_\_\_\_ (not feel) healthy.
14. If he \_\_\_\_\_ (drink) coffee at night, he \_\_\_\_\_ (not sleep) well.
15. If I \_\_\_\_\_ (take) a healthy lunch to school, I \_\_\_\_\_ (eat) better.
16. If people \_\_\_\_\_ (smoke), they \_\_\_\_\_ (damage) their lungs.
17. If you \_\_\_\_\_ (wear) sunscreen, you \_\_\_\_\_ (protect) your skin.
18. If she \_\_\_\_\_ (ride) her bike to work, she \_\_\_\_\_ (get) exercise.
19. If we \_\_\_\_\_ (spend) too much time on our phones, we \_\_\_\_\_ (not sleep) well.
20. If you \_\_\_\_\_ (stretch) before exercise, your muscles \_\_\_\_\_ (feel) better.