



My name is David. I am 43 years old, and I live with my _____ and our _____. I work in _____ from _____. I spend most of the day sitting at my desk, and when I get home, I usually feel tired.

My daily routine is not very healthy. I wake up at _____, drink _____, and leave home without breakfast. At work, I often eat _____, pizza, or sandwiches because it is quick and easy. I also _____ two or three _____ every day.

After work, I _____ home. My children want to _____ with me, but I usually sit on the sofa and watch TV or use my phone. Sometimes I work on my computer at night. I don't exercise, and I go to bed very late.

A few weeks ago, I visited _____ because I was feeling _____ all the time. The doctor told me that I need to lose some weight, eat more vegetables and fruit, drink more _____, and _____ at least three times a week.

Now I want to change my lifestyle. I know it won't be easy, but I want to have more energy, be _____, and spend more active time with my family.