

**Circle** the correct words to complete the text.

## Keeping healthy by Doctor Orlov

If you want to be healthy, it's important to exercise every day. You <sup>1</sup> **must** / **shouldn't** spend a lot of time on your computer. You <sup>2</sup> **should** / **mustn't** try to play outside in the fresh air. And you <sup>3</sup> **should** / **shouldn't** sleep at least nine hours every night.

If you get ill, you need to be careful. You <sup>4</sup> **mustn't** / **need to** do sports because your body <sup>5</sup> **needs to** / **mustn't** rest. You <sup>6</sup> **mustn't** / **should** keep warm and you <sup>7</sup> **must** / **shouldn't** drink plenty of water. If you feel very ill, it's important to see the doctor.