In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever before. A healthy lifestyle involves making conscious choices about what we eat, how much we exercise and how we prioritise sleep. By adopting healthy habits, we can prevent chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life.

A balanced diet is the foundation of a healthy lifestyle. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the essential nutrients needed to maintain good health. Processed foods, sugary drinks, and saturated fats should be avoided as they can lead to obesity, heart disease, and other chronic illnesses.

Regular exercises are also crucial for a healthy lifestyle. They help in strengthening muscles and bones, improving cardiovascular health, and reducing the risk of chronic diseases. Exercises also release endorphins, which are natural mood boosters and can help reduce stress levels. Experts recommend at least 30 minutes of moderate intensity exercises per day for adults.

Adequate sleep is another important aspect of a healthy lifestyle. Getting 7-8 hours of sleep per night can improve cognitive function, enhance memory, and promote physical and emotional health. A regular sleep routine, avoiding caffeine and electronics before bedtime, and creating a relaxing sleep environment can help improve sleep quality.

In conclusion, a healthy lifestyle requires a balanced diet, regular exercises and adequate sleep. By making small changes to our lifestyle, we can significantly reduce the risk of chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life. It is essential to prioritise healthy habits and make **them** a part of our daily routine.

1. Which of the following can be the best title for the passage?

A. How to Have a Healthy Lifestyle B. The Importance of Exercises

C. Our Daily Routine D. The Well-being of the Brain

2. According to the passage, people should avoid _____ before bedtime to have a good sleep.

A. processed food B. caffeine C. whole grains D. endorphins

3. The word **"them"** in the last paragraph is referred to _____.

A. regular exercises B. chronic diseasesC. small changes D. healthy habits

4. The word **"adequate"** in paragraph 4 is closest in meaning to _____.

A. enough B. poor C. amiable D. exceptional

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5. Which of the following is NOT true according to the passage?

A. Adults are advised to exercise moderately for 30 minutes every day.

B. Adequate sleep can help enhance memory.

C. People should avoid all kinds of fats to maintain good health.

D. Endorphins help reduce stress.

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