

4. Early morning sleep helps us prepare our mind which helps us manage our feelings and avoid _____ too stressed.
- A. get B. to get C. getting D. got
5. I prefer fruits and vegetables _____ fast food and junk food
- A. of B. for C. than D. to
6. Just 15 minutes of daily _____ can add three more years of life
- A. smoking B. reading C. routines D. exercise
7. However, you shouldn't drink coffee and green tea too much _____ they can make it harder for you to sleep.
- A. because B. because of C. although D. despite
8. She got enough sleep last night, so today she is full of _____
- A. exercise B. energy C. injuries D. stress
9. We spent a lot of time _____, doing the gardening and walking in the parks
- A. cooked B. cook C. cooking D. to cook
10. The office has a gym for those who like to _____ exercise in their lunch hour.
- A. take B. put C. make D. give
11. The key _____ a healthy body is diet and exercise
- A. for B. with C. to D. by
12. We should _____ healthy by eating well and exercising regularly.
- A. sound B. seem C. look D. stay
13. _____ fruit and vegetables form an important part of a healthy diet
- A. Raw B. Fresh C. Frozen D. Cooked
14. We _____ our 25th wedding anniversary in Florence.
- A. celebrated B. memorized C. remembered D. organized
15. This exercise is designed to build the shoulder and back _____
- A. skin B. bones C. flesh D. muscles
16. Increasing numbers of children are _____ from mental health problems due to bad habits
- A. suffering B. recovering C. harming D. improving
17. _____ attention to your diet, exercise, sleep, and happiness, and you'll find yourself enjoying your 100th birthday!
- A. Put B. Take C. Pay D. Attract
18. Start following these five habits to add years to your life _____.
- A. expect B. expectant C. expectation D. expectancy
19. Put away your electronic _____, turn off the TV, and chill out on your bed or the sofa for 10-15 minutes before you try to go to sleep.
- A. mails B. books C. devices D. appliances
20. Coffee and green tea can help _____ your risk of early death by 20 to 30%.
- A. promote B. reduce C. examine D. increase
21. I believe you need to decide if you want to focus on _____ weights or improving your heart health
- A. lifting B. putting C. taking D. pulling
22. The doctor have just _____ the patients and fortunately the treatment is working
- A. discharged B. suffered C. examined D. operated
23. 30 minutes is enough time to use social media because the screens of electronic devices _____ blue lights