# A healthy way of life

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|---|---|---|---|
| a balanced diet | are addicted to | avoid junk food | you do your best |
| for recreation | get rid of | organic food | ruin your life |
| to get out of | to keep fit | to move your muscles | prevention |

A regular way of life is very important to good health. Have your meals at regular times, have enough time_____, do sports in the fresh air and sunshine. It's necessary to be health-conscious, so it's extremely important _____and to preserve your health. I would say that _____ is the most important, because most people can only appreciate it when they don't have it anymore. Health is one of the most important things in life.




There are plenty of things which help you to live a healthy life. For example, to do sport regularly, _____, because it relaxes your mind and body too. Moreover, you should have_____, which means that you eat food that contains vitamins, protein, iron, calories and fibre. Eating meat is OK, but you should rather have fish or poultry, because red meat is not very healthy. Of course, you should_____, such as hamburger or chips; try to eat _____that was grown in your neighbourhood.

It's good if you can sleep enough, about 8 hours every day, when your brain can relax too. Avoiding stress isn't easy, but it would be good _____the everyday rat race, not to work irregular hours, not to work overtime and solve family problems. You should also _____ bad habits, such as smoking and drinking too much alcohol. You need will power to do it, but your family can support you in doing it. Nowadays more and more people use drugs or _____ eating too much, going shopping and using the computer too much. These can _____ as well.

There is an English saying: An apple a day keeps the doctor away. This means, if_____, you can avoid being ill.

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