

HEALTH INSTRUCTOR READING

Read the text and choose the best word for each gap.

If you want to (1) _____ a salary and (2) _____ your health, you might think about (3) _____ a health instructor. Health instructors get (4) _____ exercise. As you help others get (5) _____ shape, you stay in shape yourself. Health instructors (6) _____ tend to have good habits such as eating right and drinking plenty of water.

(7) _____, fitness instructors have good social lives. Social interaction is also important for (8) _____ good health. So, health instructors are usually physically fit and rarely (9) _____ depression. So are you thinking about being a health instructor for your career?

