

Listen and complete the gaps with the missing words.

Heart attacks kill millions of people each year. I think it's one of the world's killers. A lot of people have a heart attack because of their . I'm sure if people ate healthy food and exercised, the number of heart attacks would . The thing I worry about is stress. For me, it's difficult to avoid. Research shows that stress is one of the biggest of heart attacks. The problem with this is that you get stressed, and then you about your heart, which makes it beat faster and gives you more stress, which then makes your heart beat even faster. Best not to get stressed. There are so many things you can do in life to your chances of a heart attack. I think we need more information.