

Practice 2

Read the text below and correct the underlined errors.

For each question, write the correct word in the space provided on your answer sheet.

A Healthy Lifestyle

There are many ways on how people can **(0) led** a healthy lifestyle. If you want to be fit and well, **(1) your** should maintain a healthy weight, eat a balanced diet and do physical exercises. You also **(2) needed** to consume more fruits and vegetables instead of rice and noodles. Drinking a lot of water **(3) are** necessary and reducing the intake of carbonated drinks, coffee and sugar can be beneficial. It requires some discipline to exercise **(4) regular**. Thus, you have to get moving and stay active. It is also important to relax. Stress is bad to the mind and the body. **(5) Getting** a good night sleep so you can feel revitalise when you wake up. In addition, go for a medical check-up **(6) but** if there is any disease, it can be detected **(7) in** an early stage. Practising a healthy lifestyle means making changes to your bad habits and to be consistent in doing them. The rewards **(8) were** worth all the effort being made.

Example:

0	lead
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