12 READING

10 Simple Ways to Improve Your Health

What are some ways to improve your health? Don't look at the article.

Believe it or not, you can greatly improve your health in 10 very simple ways.

1 Eat breakfast. Breakfast gives you energy for the morning.

2 Go for a walk. Walking is good exercise, and exercise is necessary for good health.

3 Floss your teeth. Don't just brush them. Flossing keeps your gums healthy.

4 Drink eight glasses of water every day. Water helps your body in many ways.

5 Stretch for five minutes. Stretching is important for your muscles.

6 Get enough calcium. Your bones need it. Dairy foods like yogurt, milk, and cheese have calcium.

7 Do something to challenge your brain. For example, do a crossword puzzle or read a new book.

8 Take a "time-out" – a break of about 20 minutes. Do something different. For example, get up and walk. Or sit down and listen to music.

9 Wear a seat belt. Every year, seat belts save thousands of lives.

10 Protect your skin. Use lots of moisturizer and sunscreen.

Source: *Cooking Light® Magazine*

A Read the article. Then complete the sentences.

1. To get exercise, *go for a walk* .....
2. To help your bones, ...
3. To help your muscles, ...
4. To keep your gums healthy, ...
5. To have energy for the morning, ...
6. To challenge your brain, ...

LIVEWORKSHEETS