Now complete the Exam Task.

Exam **TASK**

Matching prompts to text

You are going to read an article about tips for a healthy lifestyle. For questions 1–10, choose from the sections (A–D). The sections may be chosen more than once.

Which section mentions …

1 a suggestion to throw away unnecessary items? ___
2 starting from your final objectives? ___
3 the need to use less technology? ___
4 the importance of resting well? ___
5 doing exercise to concentrate better? ___
6 a person who doesn't stand up much? ___
7 avoiding comparisons? ___
8 the importance of not missing appointments? ___
9 taking your time to look around you in the morning? ___
10 a choice when buying something? ___

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1 We spoke to four healthy lifestyle gurus about what they do to keep body and mind fit.

A Dr Justine Grusso, Psychologist

Dr Grusso teaches and practises self-care when getting up. 'It is so easy to be "on autopilot" and jump out of bed in the morning and rush into the day', she says. Instead, she spends a few moments outside to observe nature around the house and to feel the ground under her feet. Having this type of morning routine prepares us for the day and sends a positive message to our body and mind: that we are in control and worth taking care of.

At work, Dr Grusso spends most of the day sitting, so she does short exercises like dancing and shaking her arms and legs to keep her body active.

B Glen John Jones, Personal trainer

Glen believes in something called 'reverse engineering'. This is when you picture yourself achieving a goal and work back through each stage to understand how you'll achieve that goal. 'Connect the dots from where you want to be, to where you are now and break it down into stages.' This approach helps you to see each workout as part of an end goal, which is much more motivating.

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He also uses the phrase 'You don't have to be perfect, you just have to be consistent' when teaching his clients the benefits of attending every class that they've scheduled, even if they're not feeling like it.

As a vegan, Glen knows the importance of a balanced diet to get enough protein for his workouts, but also reminds his clients that other factors such as having good quality sleep and recovering between sessions are just as important for your fitness.

C Matthew Mileo, Yoga instructor

0 Matthew always goes out for a walk with his dog in the morning and then exercises in the gym. His fitness routine usually includes yoga, boxing or swimming. 'I find that these three activities work best for me, as they clear my mind and improve my concentration', he says.

When teaching yoga, he always tells his students to avoid looking around the room and to focus on themselves instead. That way, you're not comparing yourself to others or waiting for their approval.

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At home, he recommends turning cleaning into an enjoyable activity: prepare the atmosphere with some music and candles, then as you clean, decide what things you don't need any longer and get rid of them.

D Carissa Galloway, Dietician

Carissa believes in eating the best you can when you can, depending on your routine. She also suggests choosing plant-based products as an alternative to too much meat in our diet. 'The first question to ask yourself is if you're looking for an alternative that's as healthy as possible or if you want something that is as close to tasting like meat as possible', Carissa says. Then start with recipes that you used to prepare with meat so that you keep to flavours you already love.

Carissa also recommends giving yourself at least two one-hour breaks from social media a day and using this time to connect with your family.

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