

**more
- less**

1. Eat_____fruits and vegetables.
2. Stay outdoor and do_____exercises to be healthier.
3. Drink_____alcohol or you will be weak.
4. Sleep_____and don't go to bed too late.
5. Practice_____and you will improve your skills.
6. Spend_____time on smartphone and laptop or you will ruin your eyes.
7. Go out_____and make some new friends, so you won't be lonely.
8. Drink_____coffee. It's not good for your brain.
9. Read_____books to broaden your knowledge.
10. Play_____computer games and study

