

alert	beneficial effect	carbohydrates	detrimental effect
enhance	in moderation	intake	nutrients
nutritious	obesity	protein	refined sugar
relieve stress	sedentary lifestyle	unprocessed	well-being

Have a **balanced diet**. You can get all the essential (1) \_\_\_\_\_ the body needs if your diet contains foods rich in (2) \_\_\_\_\_ (e.g., fish, beans, dairy products), (3) \_\_\_\_\_ (e.g., bread, potatoes, pasta), non-saturated fats, and plenty of fruit and vegetables.

Eat (4) \_\_\_\_\_. Overeating will make you put on weight and can lead to (5) \_\_\_\_\_.

Eat **naturally**. Cut down on processed foods and food containing (6) \_\_\_\_\_ and choose (7) \_\_\_\_\_ foods such as whole grain bread and brown rice, which are more (8) \_\_\_\_\_.

**Reduce your salt** (9) \_\_\_\_\_. Too much salt can have a (10) \_\_\_\_\_ on your health and is associated with high blood pressure and heart disease.

Drink plenty of water. Staying hydrated can have a (11) \_\_\_\_\_ on your energy level and also keeps your organs and skin healthy.

**Stay active and get exercise**. Studies suggest that a (12) \_\_\_\_\_ (e.g., spending long periods sitting in front of the computer or television) is related to a number of illnesses later in life. Staying active is also good for your heart.

**Get enough sleep**. A good night's sleep can (13) \_\_\_\_\_ your mood and help you stay (14) \_\_\_\_\_ throughout the day.

**Relax**. Activities such as yoga or meditation or taking deep breaths can (15) \_\_\_\_\_ when you feel under pressure and help you refocus.

**Practice the art of appreciation**. Not only is "an attitude of gratitude" good for the people around you, but it can also increase your own emotional (16) \_\_\_\_\_.