

Direction: Use the words in capitals to form a word that fits into the space next to it!

STAYING HEALTHY

In today's hectic world people are always searching for more ways of keeping fit and _____ (HEALTH).

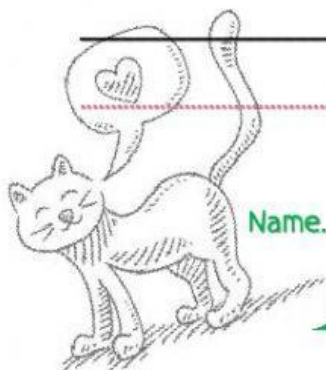
Running is an excellent exercise for achieving this goal. Before you start, however, you should warm up and concentrate on slow _____ (MOVE) that make all your muscles work. But be careful! If you stretch when your muscles are cold, you might actually risk an _____ (INJURE). Always wear _____ (COMFORT) clothing and make sure your _____ (TRAIN) are in good shape. Wear good shoes that will put less _____ (PRESS) on your knees.

Staying healthy also requires enough sleep. It's _____ (OCCASION) OK to go to bed late, but if you cut down on your sleep _____ (REGULAR) it will have a bad effect on your overall health. It will also affect your _____ (APPEAR). Lack of sleep can cause acne or dry skin. Stay active during the day. If you don't get enough exercise during the day, you may end up _____ (SLEEP) all night.

Standing, sitting and walking badly can make you look _____ (HEAVY) than you really are. Stand in front of the mirror with your feet apart. _____ (STRAIGHT) out your legs and pull in your stomach. Check that your ears, shoulders, hips and knees are in line with each other. You should be feeling and looking better already!

Most of us live in cities with a high _____ (POLLUTE) level. If we got more fresh air we would look healthier and more _____ (ATTRACT). A quick walk is one of the best things you can do for your _____ (CIRCULATE) and looks. Walking slowly is _____ (USE) but a quick pace gets more oxygen into your lungs. So don't just go for a pleasant walk, try and find a green area and get _____ (MOVE).

Many young people feel _____ (GUILT) about eating too much chocolates and sweets, and some even admit an _____ (ADDICT) to it. However, there is no _____ (PROVE) to support this. But chocolate does contain a lot of fat, and addicts would do better to eat less. If your diet is balanced you need not feel guilty: eating chocolate _____ (MODERATE) is fine but don't eat it instead of a proper meal.



Name _____ Nickname _____ Class M.6/ _____ No. _____

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