

## EXERCISE 8

Complete the sentences with *should* or *shouldn't* and a verb from the box to give good advice. Two verbs in the box are used twice.

drink    eat    get    spend
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1. You \_\_\_\_\_ a lot of water when you do exercise.
2. Young people \_\_\_\_\_ too much time playing computer games.
3. If you want to \_\_\_\_\_ fit, you \_\_\_\_\_ go to the gym.
4. You \_\_\_\_\_ lots of fruit and vegetables if you want to be healthy.
5. If you want to be fit, you \_\_\_\_\_ fast food.
6. When you're young, you \_\_\_\_\_ a lot of sleep every night.