

Exercise 6

Choose the correct words and phrases to complete the sentences.

A recent study has found that there are numerous factors that can reduce your life expectancy. These include not exercising, not eating enough fruit and vegetables and, in particular/ largely thanks to, smoking. By this I mean/That said, you can do something to correct these and other unhealthy habits.

As such/ On the other hand, you need to change your lifestyle. As such/ By this I mean don't overeat, start walking for 30 minutes a day and spend less time looking at a screen. As well as/ Largely thanks to this, try to eat at least five portions of fruit and vegetables a day.

By this I mean / Ultimately, research shows that you are at greater risk of depression without a strong network of friends and family. As such/ Because of this, work hard at ensuring that you maintain regular contact with all your loved ones.