

Read the text and fill in the gaps transforming the capitalized words.

Write in BLOCK CAPITALS without spaces between the words!!!
(ПЕЧАТНЫМИ ЗАГЛАВНЫМИ БУКВАМИ, ТОЛЬКО ПОЛНЫЕ ФОРМЫ!!!
без пробелов и знаков препинания!)

Your Lifestyle

Do you have a (1) _____ lifestyle?

Is (2) _____ important?

And what's the effect of them on the human health? Eating (3) _____ at (4) _____ times can be a severe danger (5) _____ and (6) _____ : people may die younger due to fat foods, which lead to blocked arteries and heart attacks. While eating (7) _____ food helps to stay fit and improves the body.

Physical (8) _____ are most important. They include morning walks, (9) _____ , and exercises for (10) _____ , (11) _____ weights or the usual sports. For example, an old person with the habits of (12) _____ exercising may be more (13) _____ than a young person without such habits.

HEALTH

CLEAN

HEALTH (3)

USUALLY (4)

PHYSICAL

MENTAL

HEALTH

ACT

JOG

FLEXIBLE (10)

LIFT (11)

DAY

ACT

