Watch the video

Draw a line from the vocabulary word to the definition (use the video for information).

advice	a person's mental or physical condition
diet	a substance / drug used for medical treatment
exercise	food that someone eats (or doesn't eat), to lose weight or for medical reasons.
health	a measure of the blood in the circulatory system
medication	a body's mass or quantity of matter contained by it
blood pressure	in good physical condition
weight	food with low nutritional value. Bad for your health
gained	activity someone does to improve health & fitness
in shape	guidance or recommendations to help you
junk food	an increase in the amount of something

Directions: Drag the correct vocabulary word to the correct place in the sentence.

advice	health	medication
diet	blood pressure	
exercise	weight	gained
	in shape	junk food

Joel is at the doctor's office. His _____ has always been good, and he is usually _____, but lately he has been very tired. The doctor looks at Joel's chart. He sees a couple of problems. One problem is Joel's _____. He has _____ 15 pounds. Another problem is his high _____. The doctor says he needs to go to the gym more and _____. He also tells Joel to change his _____. All the _____ he eats is causing serious problems. If Joel does not take the doctors _____, he will need to take pills and other _____. Joel decides to listen to the doctor and take better care of himself.