

will not work on bacteria  
only works on bacteria but not on virus  
is as important as having a healthy diet.

Having 8 or 9 hours \_\_\_\_\_ helps you to keep physically and mentally healthy.  
and \_\_\_\_\_ may have similar symptoms as runny nose, \_\_\_\_\_, headache  
or \_\_\_\_\_.

\_\_\_\_\_ must be SMART, which means they should be specific, measurable,  
achievable, realistic and time-bounded.

Spending too much time on tv may keep you away from socializing or \_\_\_\_\_  
\_\_\_\_\_ an help you reduce muscle \_\_\_\_\_ and pain.