A Healthy Lifestyle

Scientists around the world agree that the key to staying _____ and keeping fit is to eat less and do _____ exercise such as walking or cycling. However, people who exercise too intensively often _____ themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them _____ for the next workout. To avoid gaining _____ , researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat _____ may be good for your waistline, but research suggests it may have negative psychological _____ . Medical experts have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depressions and bad _____ .

Many of us already know that drinking coffee raises your blood _____ but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular _____ of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can _____ the risk of heart _____ and have a positive effect on _____ levels and high blood pressure.

affects
attacks
chemicals
cholesterol
diet
disease
doses
effects
energy
gentle
healthy
heart
mood
physical
pressure
protect
reduce
reward
weight

If you're a chocolate fan, there's good news for you! Recent studies have revealed that _____ found in chocolate can not only put you in a good mood but also _____ you from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of _____ disease.