A. Match the verbs with the correct endings to create health tips. Then, read the text about ways to stay healthy and give each paragraph one of the tips as a title.

1. spend	a. meat with vegetables	4. get	d. to work
2. cut down	b. time with friends	5. drink	e. more sleep
3. replace	c. on sugar	6. walk	f. more water

It may be challenging at times, but staying healthy is actually easier than you think. All you need to do is make a few simple changes to your lifestyle. Here are some tips to get you started.

1. .....

As our working days get longer and our lives get busier, getting enough rest isn't always easy. And though many of us can survive on just a few hours a night, that doesn't mean it's enough. Getting more sleep not only makes us feel more energetic, but also improves our mood and can reduce our chances of getting sick.

2. .....

Whether we're too busy working, can't afford to join a gym, or are just too lazy, we've all got an excuse for not exercising. However, by leaving the car at home and going to the office on foot, you'll feel better, save money on gas, and probably lose a bit of weight.

3. .....

Although meat is good for us, eating too many animal products can lead to serious health problems. Replacing your burger with vegetables a few times a week will not only help your heart, but it will probably save you quite a bit of money too.

4. .....

There are few things easier than filling a glass, yet many of us just aren't doing this. Without enough water, however, we are more likely to suffer from headaches and poor concentration. Drinking more water can also help clear your skin and improve your mood.

5. .....

As life gets busier, many of us are spending more time working and less time socializing. And while messaging is often more convenient, it's not the same as physical contact. Making time for friends doesn't just make you feel happier, it can improve your health and energy levels too.

6. .....

It may be a tasty source of energy, but it's certainly not doing our bodies any good. And while few of us can imagine life without this sweet food, reducing the amount we eat can improve our blood sugar levels, our teeth, and our moods. It can even help us lose weight.

B. Are the following statements about the health tips true or false?

1. We are less likely to become ill if we sleep more. .....
2. Messaging is the same as meeting with friends. .....
3. The writer suggests giving up meat entirely. .....
4. Giving up sugar can help us get thinner. .....

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C. Complete six more health tips with the nouns below.

vitamins coffee sunscreen yoga fast food outdoors

a. always wear .....

b. drink less .....

c. spend time .....

d. avoid eating .....

e. do some .....

f. take .....

D. Write the letter of the tips in Exercise C next to their explanations below.

1. It helps you relax and forget about the stresses of daily life. .....
2. It protects your skin from the sun. .....
3. These help to make sure your body is getting all the nutrition it needs. .....
4. Getting fresh air is important as it is good for our lungs and our mood. .....
5. This food is full of fat and salt and is not good for the body. .....
6. More than one cup a day can stop you from sleeping and make it difficult to relax. .....

E. Complete the health conversation questions with the words from the box.

take	outdoors	fast	eat (2)	drink (2)	relax	exercise	sleep	spend (2)

1. How often do you walk to school or work? Do you do any other .....?
2. Do you ..... a lot of sugar? If so, do you think it would be easy to cut down?
3. How many hours of ..... do you get a night? Do you think that is enough?
4. How much water do you ..... a day? Do you think you need to drink more?
5. How often do you ..... time with friends? What do you do when you're together?
6. How many times a week do you ..... meat? Do you think you could eat less?
7. Do you ..... much time in the sun? If so, do you always wear sunscreen?
8. How many cups of coffee do you ..... each day? Does it affect your sleep?
9. How often do you eat ..... food? How do you feel after eating it?
10. Do you ever do yoga? If not, what other activities do you do to .....?
11. How much time do you spend ..... ? Where do you go and what do you do?
12. Do you ..... any vitamins? If so, which ones do you take?

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