



Name: ..... Class: ..... Date: .....

**Read the text below and think of the word which best fits each space. Use only one word in each space**

**A**

"A healthy mind lives in a healthy body" is a saying that is believed to (1) \_\_\_\_\_ often been used by the ancient Greeks. Thousands of years later, the same idea still applies. According to health experts, it's advisable to (2) \_\_\_\_\_ eight to ten glasses of water every day. However, water itself is not enough; a balanced diet is essential, too.

A healthy body naturally is the result of (3) \_\_\_\_\_ exercise. Many people, however, do not like gyms and object (4) \_\_\_\_\_ going there for different reasons. Some, for instance, say that aerobic sessions are too difficult (5) \_\_\_\_\_ follow while others claim that gyms are just too expensive. Many people also claim that they have difficulty in (6) \_\_\_\_\_ time to exercise due to their hectic lifestyle, but the truth is that everyone can make a little time every now and (7) \_\_\_\_\_. Regardless of the way people choose to exercise, (8) \_\_\_\_\_ is important to remember that there's no point (9) \_\_\_\_\_ doing it only for a short period of time.

Last (10) \_\_\_\_\_ not least, having a positive attitude and doing (11) \_\_\_\_\_ with negative thoughts contributes (12) \_\_\_\_\_ one's well-being. In short, following this simple advice surely helps in having a healthy mind and body.