2 Choose the correct word(s) to complete the text.

5 Steps for fitness success

- Make sure you get some exercise every day. You [1]**don't have to / need to** go running if that's not your style, but you [2]**should / don't have** try to do at least an hour of moderate exercise.
- You [3]**should to / need to** eat healthily. You [4]**mustn't / should** try to plan your meals so that you don't get too hungry. You [5]**mustn't / don't have to** eat lots of sweet snacks. Try eating fruit or vegetables instead.
- Keep track of how many calories you eat. You [6]**shouldn't / have to** eat more calories than you will use in the day.
- Make sure you get enough sleep. You [7]**don't need to / should** go to bed early every day, but most of us need six to eight hours of sleep a night.
- Try to stay motivated. If you want to make changes in your life, you [8]**must / don't have to** stay positive.

LIVEWORKSHEETS