

Fill in the gaps with: heart disease, centenarian, stroll, prevent illnesses, waterfront, rare, market stall, fascination, sugary drinks, low in calories, portions, spring onion, pour off, health benefits, burn calories, nutrition, firmly believe, prosper, savour, outskirts, engraved, decade, longevity, threatening complaints, cancer, diabetes, islanders.

1. With hard work and dedication, the small business began to _____ in the local community.
2. Eating a balanced diet rich in vitamins and minerals is essential for good _____.
3. The town celebrated its oldest resident, a lively _____ who shared stories from her youth.
4. The _____ have a unique culture that is deeply connected to the ocean and their natural surroundings.
5. Regular exercise and a nutritious diet contribute significantly to _____.
6. After dinner, we decided to take a leisurely _____ along the beach.
7. The new café on the _____ offers stunning views of the sunset over the sea.
8. I bought some fresh vegetables from a local _____ that had just opened.
9. My _____ with astronomy began when I was a child, gazing up at the stars.
10. The salad was delicious and _____, making it a perfect choice for lunch.
11. It's important to control your _____ to maintain a healthy diet.
12. We added chopped _____ to the stir-fry for flavor and freshness.
13. After boiling the potatoes, remember to _____ the excess water.
14. Eating less processed food has numerous _____, including weight loss and increased energy.

15. 🔥 A brisk walk can help you _____ and improve your cardiovascular health.

16. 📈 It's advisable to limit _____ to avoid health issues such as diabetes.

17. 🤗 I _____ that a positive mindset contributes to overall well-being.

18. 💉 Regular check-ups and vaccinations are essential to _____.

19. 🍴 Take your time to _____ each bite of this delicious meal.

20. 🏠 The new housing development is located on the _____ of the city.

21. 💍 The couple had their wedding date _____ on their rings.

22. 🕒 Over the past _____, technology has transformed the way we communicate.

23. 🚨 The manager received _____ from customers unhappy with the service.

24. 🤕 Early detection of _____ can significantly increase the chances of successful treatment.

25. 🩺 Managing weight and diet can help control _____ effectively.

26. ❤️ Regular exercise and a healthy diet can reduce the risk of _____.

27. 🌈 It's _____ to find such a beautiful, unspoiled beach these days.