

Question 12:

lifestyle *noun*

[A2] /'laɪfstaɪl/ /'laɪfstaɪl/ [countable] [uncountable]

the way in which a person or a group of people lives and works

- *Eating more vegetables is part of a **healthy lifestyle**.*
- *It is never too late to **change your lifestyle** for the better.*
- *Many young people prefer an **active lifestyle** with lots of sports.*
- *Moving to the countryside brought a much quieter **rural lifestyle**.*

1. Regular exercise and a balanced diet are essential for a _____.

Answer: healthy lifestyle

2. If you want to improve your health, you must _____ completely.

Answer: change your lifestyle