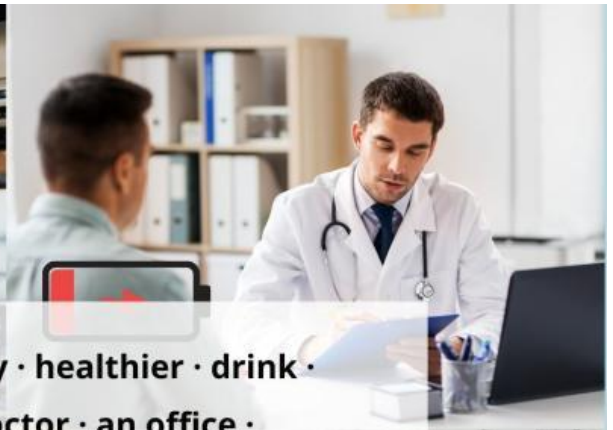
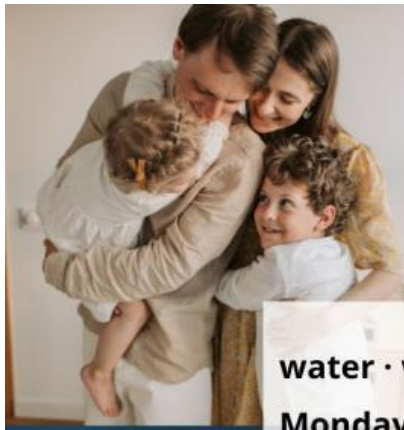




water · wife · fast food · breakfast · play · healthier · drink ·
Monday to Friday · cans of soda · my doctor · an office ·
vegetables · 6:00 a.m. · exercise · tired · drive ·
a cup of coffee · two children

My name is David. I am 43 years old, and I live with my [] and our []. I work in [] from []. I spend most of the day sitting at my desk, and when I get home, I usually feel tired.

My daily routine is not very healthy. I wake up at [], drink [], and leave home without breakfast. At work, I often eat [] like burgers, pizza, or sandwiches because it is quick and easy. I also [] two or three [] every day. After work, I [] home. My children want to [] with me, but I usually sit on the sofa and watch TV or use my phone. Sometimes I work on my computer at night. I don't exercise, and I go to bed very late.

A few weeks ago, I visited [] because I was feeling [] all the time. The doctor told me that I need to lose some weight, eat more vegetables and fruit, drink more [], and [] at least three times a week.

Now I want to change my lifestyle. I know it won't be easy, but I want to have more energy, be [], and spend more active time with my family.