

77. If we join the gym this weekend, we _____ meet new workout partners next week.
A. will B. would C. are D. were
78. _____ you call the doctor tomorrow if your headache continues tonight?
A. Do B. Are C. Will D. Does
79. If she starts practicing meditation from today, she _____ become calmer in a month.
A. will B. would C. is D. does
80. You won't pass your fitness test next month if you _____ start training now.
A. don't B. doesn't C. won't D. didn't
81. If it _____ heavily tomorrow morning, we will cancel our outdoor yoga class.
A. rain B. rains C. will rain D. rained
82. They will save money next year if they _____ cooking at home from next week.
A. starts B. start C. will start D. started
83. If you _____ take vitamins starting today, you will get sick during flu season.
A. don't B. doesn't C. won't D. didn't
84. She will be happier next month if she _____ more time for hobbies this week.
A. make B. making C. makes D. will make
85. If we _____ organic food from tomorrow, we will feel healthier by next month.
A. buy B. buys C. will buy D. bought
86. You will be exhausted for tomorrow's exam if you _____ sleep early tonight.
A. don't B. doesn't C. won't D. didn't
87. If he _____ the meditation course next week, his stress will decrease within a month.
A. join B. joins C. will join D. joined
88. We won't enjoy our vacation next month if we _____ overtime this week.
A. works B. working C. work D. worked
89. If you start a morning routine tomorrow, your days _____ be more productive next week.
A. is B. will C. would D. were
90. _____ she join our fitness challenge if we ask her at lunch today?
A. Do B. Does C. Will D. Did
91. If they _____ eating fast food from today, their cholesterol levels will decrease by next month.
A. stops B. stop C. will stop D. stopped
92. You will see muscle growth in three months if you _____ lifting weights next week.
A. start B. starts C. will start D. started
93. If I _____ adding vegetables to my lunch from tomorrow, I will lose weight by summer.
A. beginning B. begins C. begin D. will begin
94. He won't achieve his goals this year if he _____ make a plan today.
A. don't B. doesn't C. won't D. didn't
95. If we _____ gratitude for small things starting now, we will be happier next year.
A. practicing B. practices C. practice

1. Tomorrow morning, I _____ (wake up) at 6 AM to do yoga in the park.
 2. My sister _____ (not/eat) fast food next month because she wants to be healthier.
 3. We _____ (join) a gym next week to exercise together every evening.
 4. He _____ (go) to bed earlier tonight because he has an important meeting tomorrow.
 5. Starting next Monday, they _____ (start) cooking healthy meals at home instead of ordering pizza.
 6. Next year, my family _____ (not/watch) TV during dinner time anymore.
 7. From tomorrow, Sarah _____ (drink) more water to improve her skin.
 8. The students _____ (not/use) their phones after 9 PM starting tonight to sleep better.
 9. My parents _____ (try) a new vegetarian restaurant this weekend.
- I think people _____ (have) healthier lifestyles in the future because of new technology.

Exercise 3: Circle the correct option in brackets.

1. If you (eat/ will eat) too much junk food, you won't feel healthy.
2. She will lose weight if she (goes/ will go) to the gym three times a week.
3. If I (don't/ won't) sleep 8 hours tonight, I will be tired tomorrow.
4. You (feel/ will feel) better if you drink more water every day.
5. If he (stops/ will stop) smoking, his health will improve quickly.
6. They won't have energy if they (skip/ will skip) breakfast tomorrow morning.
7. If we (will walk/ walk) instead of driving, we will save money and stay fit.
8. Your skin (looks/ will look) better in a few weeks if you eat more vegetables.
9. If she (doesn't/ won't) exercise regularly, she won't lose weight.
10. I (will join/ join) a yoga class if my friend comes with me.

Exercise 4: Choose the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following sentences

1. My sister is very independent. She lives alone in the city and doesn't need help from our parents anymore.
A. self-reliant B. friendly C. careful D. beautiful
2. Social media has a big impact on young people's lifestyle. They spend too much time online every day.
A. picture B. influence C. distance D. memory
3. In the countryside, people often interact with their neighbors. They talk and help each other every day.
A. argue B. compete C. communicate D. ignore
4. Traditional dances really fascinate foreign tourists. They always take photos and ask many questions about them.
A. bore B. attract C. confuse D. frighten
5. It's hard to concentrate on work when you have a noisy lifestyle. Many people need quiet places to study well.
A. focus B. relax C. sleep D. forget

Exercise 5: Choose the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences

1. Many young people avoid eating vegetables. They prefer fast food and sweet drinks for their meals.
A. choose B. dislike C. forget

- A. tired B. strong C. sick D. lazy

3. Teenagers want more **freedom** in their lifestyle. They don't like when parents tell them what to do all the time.

- A. control B. money C. happiness D. friendship

4. I **normally** wake up at 6 a.m. every day, but on weekends I like to sleep until 10 a.m.

- A. always B. rarely C. often D. quickly

5. Time with family is very **precious** to me. I think it's more important than money or work.

- A. worthless B. expensive C. beautiful D. special

Exercise 6: Fill in each blank with the appropriate form of the word in brackets.

1. My grandmother has a simple _____ in the countryside. She wakes up early and grows her own vegetables. **(LIFE)**

2. The party was very _____ with music and dancing all night. Everyone had a great time. **(LIVE)**

3. Social media can _____ the way teenagers spend their free time. **(IMPACT)**

4. Reading books is an _____ activity that helps children learn new things. **(EDUCATE)**

5. Online games are more _____ than watching TV because you can play with friends. **(INTERACT)**

6. My sister is the main _____ of our family parties. She plans everything perfectly. **(ORGANISE)**

7. Many health problems are _____ if you eat well and exercise regularly. **(AVOID)**

8. In Japan, people _____ each other by bowing instead of shaking hands. **(GREET)**

9. I need complete _____ when I study for exams, so I turn off my phone. **(CONCENTRATE)**

10. Young adults want to live _____ without asking their parents for money. **(INDEPENDENT)**

COMMUNICATION

Exercise 1: Choose the word or phrase (A, B, C, or D) that best completes each of the following exchanges.

1. Anna: I think we should try to have a healthier lifestyle. _____ going to the gym together twice a week?

Ben: That sounds great! Let's start next Monday.

- A. What about B. Do you mind C. Could you D. Would you like

2. Tom: In my opinion, social media is changing young people's lifestyle too much.

Lisa: _____. They spend hours on their phones instead of talking face-to-face.

- A. You're joking B. I totally agree C. Are you serious D. That's strange

3. Mai: My family always has dinner together at 6 p.m. without phones on the table.

Peter: _____. That's a really nice family tradition!

- A. You must be kidding B. I don't think so C. How wonderful D. Are you sure

4. David: I wake up at 5 a.m. every day to do yoga before work.

Sarah: _____! I can never get up that early.

- A. That's amazing B. Spot on C. Sounds boring D. Yes, I do

5. Linda: Why don't you try a digital detox? No phone or computer for one weekend.

Mike: _____. I need my phone for everything!

- A. Great idea B. No way C. Spot on D. Sound lovely

Exercise 2: Choose the correct answer (A, B, C, or D) to arrange the following sentences into a meaningful