# ***The secret to have a HEALTHY LIFE***




Hi! My name is Alex and I am eleven years old. I live in a small town with my parents and my younger sister, Mia. I want to tell you about my daily routine and how I try to stay healthy.

Every morning, I wake up at seven o'clock. First, I make my bed and brush my teeth. Then, I get dressed and have breakfast with my family. My favourite breakfast is a bowl of cereal with milk and a banana. I know that eating a good breakfast gives me energy for the day.

sister because it is only ten minutes away from our house. During the school break, I sometimes play football with my classmates. I also carry a bottle of water in my schoolbag because drinking water is very important.

When I arrive home, I have lunch and do my homework. After that, I like playing outside or riding my bike with my friends. On Tuesdays and Thursdays, I go swimming at the sports centre. I really enjoy doing exercise!

In the evening, my family and I have dinner together. We usually eat vegetables, fish or chicken. Before going to bed, I sometimes read a book or listen to music. I never use my mobile phone at bedtime because I want to sleep well.

I go to bed at half past nine every night. I think being healthy is not difficult. You just need to eat well, exercise regularly, drink enough water and get enough sleep. Small changes can make a big difference!

## EXERCISES

**1. Choose the correct answer.**

How old is Alex?

a. Ten years old
b. Eleven years old
c. Twelve years old

What does Alex have for breakfast?

a. Eggs and orange juice
b. Toast and cheese
c. Cereal with milk and a banana

How does Alex go to school?

a. By car
b. On foot
c. By bus

When does Alex goes swimming?

a. Mondays and Wednesdays
b. Tuesdays and Thursdays
c. Fridays and Saturdays

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2. **True or false.**

Alex uses his mobile phone before going to sleep.

a. True
b. False

Alex sometimes rides his bike with his friends.

a. True
b. False

3. **Match the words with their meanings.**

What does "stay healthy" mean?

a. To be in good physical condition.
b. To stay at home all day.

What does "make a big difference" mean in the text?

a. To change something in an important way.
b. To do something very quickly.

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