## Reading

**1 Match verbs 1–8 with phrases a–h to form collocations connected with a healthy lifestyle. There may be different solutions possible.**

| | | | |
|---|---|---|---|
| 1 | stay | a | enough sleep |
| 2 | keep | b | fit |
| 3 | avoid | c | a sensible diet |
| 4 | go | d | jogging |
| 5 | work out | e | in shape |
| 6 | get | f | weight |
| 7 | lose | g | stress |
| 8 | follow | h | in the gym |

**NOTE:** Some phrases can be matched with more than one verb **(for ex. 1. b/e)**

**2 Match the phrases with their definitions.**

| | | | |
|---|---|---|---|
| 1 | put on weight | a | start (e.g. a new hobby) |
| 2 | give up | b | grow fatter |
| 3 | cut down on | c | have less of |
| 4 | take up | d | stop (doing) |

**3 Read the following leaflet giving advice on leading a healthy life. Some phrases have been left out of the text. Choose from phrases A–I below to complete the gaps. There is one phrase you're not going to need.**

# How to live to be 100

**DO**

- Reduce calories and cut down on sweets, cakes and chocolate. If you are overweight, try to lose weight. Being overweight increases your [1]_____ of developing circulation problems.
- Follow a sensible diet – eat as much low-fat food as possible: chicken, fish and yogurt are good for you. Aim to eat at least five portions of fruit and vegetables a day to ensure your [2]_____ of Vitamin C and health-giving minerals.
- Give up smoking – every cigarette shortens your life.
- Lead an active lifestyle. Keep fit and stay in shape: [3]_____ out in the gym or take up jogging? Choose an activity that you [4]_____. Exercise should be a pleasure, not a duty. Aim to exercise for about 30 minutes at least five times a week. If you work sitting down, [5]_____ up as often as you can and walking around for a while.

**DON'T**

- Don't go to bed late: if you don't get enough sleep, you will lack energy and you will age faster. Sleep replenishes the energies spent during the day and aids the natural healing process of the body.
- Don't get stressed: [6]_____ and avoid stress at home, school or work. Learn to relax, and when you feel that your stress level is rising, take a break.
- Don't eat between meals: it's the fastest way to put on weight. If you [7]_____ snacks, try at least to eat healthy snacks, like fruit or yogurt.
- Don't be a fitness fanatic! You need to stay in shape but remember to [8]_____.

| | | |
|---|---|---|
| A why not work | D chances | G maintain a balanced lifestyle |
| B it's worth practising | E can't give up | H enjoy doing |
| C keep calm | F try getting | I intake |

LIVEWORKSHEETS

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