

Complete the text below with the words in the box.

(1)your body and mind healthy you have to follow certain rules that will help you achieve your goal. Besides, there are certain measures that will help you to stay healthy.

(2)....., for being healthy you have to plan and follow a strict diet. This diet should contain all the essential [minerals and vitamins](#) required by the body. (3)....., eat only healthy food and avoid junk and heavily carbohydrate and fatty food.

(4), wake up early in the morning because first of all, it's a healthy habit. Secondly, waking up early means you can get ready for your work early, spend some quality time with your family. Besides, this decides time for your sleep and sleep early (5)it de-stresses your body.

Doing exercise regularly makes your body more active and it also releases the pent-

Also,

For keeping

because

In addition

First of all,