Use the words in capitals to form a word that fits into the space next to it!

STAYING HEALTHY

In today's hectic world people are always searching for more ways of keeping fit and ______________________ (HEALTH).

Running is an excellent exercise for achieving this goal. Before you start, however, you should warm up and concentrate on slow ______________________ (MOVE) that make all your muscles work. But be careful! If you stretch when your muscles are cold, you might actually risk an ______________________ (INJURE). Always wear ______________________ (COMFORT) clothing and make sure your ______________________ (TRAIN) are in good shape. Wear good shoes that will put less ______________________ (PRESS) on your knees.

Staying healthy also requires enough sleep. It's ______________________ (OCCASION) OK to go to bed late, but if you cut down on your sleep ______________________ (REGULAR) it will have a bad effect on your overall health. It will also affect your ______________________ (APPEAR). Lack of sleep can cause acne or dry skin. Stay active during the day. If you don't get enough exercise during the day, you may end up ______________________ (SLEEP) all night.

Standing, sitting and walking badly can make you look ______________________ (HEAVY) than you really are. Stand in front of the mirror with your feet apart. ______________________ (STRAIGHT) out your legs and pull in your stomach. Check that your ears, shoulders, hips and knees are in line with each other. You should be feeling and looking better already!

Most of us live in cities with a high ______________________ (POLLUTE) level. If we got more fresh air we would look healthier and more ______________________ (ATTRACT). A quick walk is one of the best things you can do for your ______________________ (CIRCULATE) and looks. Walking slowly is ______________________ (USE) but a quick pace gets more oxygen into your lungs. So don't just go for a pleasant walk, try and find a green area and get ______________________ (MOVE).

Many young people feel ______________________ (GUILT) about eating too much chocolates and sweets, and some even admit an ______________________ (ADDICT) to it. However, there is no ______________________ (PROVE) to support this. But chocolate does contain a lot of fat, and addicts would do better to eat less. If your diet is balanced you need not feel guilty: eating chocolate ______________________ (MODERATE) is fine but don't eat it instead of a proper meal.
Use the words in capitals to form a word that fits into the space next to it!

**STAYING HEALTHY**

In today's hectic world people are always searching for more ways of keeping fit and healthy. Running is an excellent exercise for achieving this goal. Before you start, however, you should warm up and concentrate on slow movements that make all your muscles work. But be careful! If you stretch when your muscles are cold, you might actually risk an injury. Always wear comfortable clothing and make sure your trainers are in good shape. Wear good shoes that will put less pressure on your knees.

Staying healthy also requires enough sleep. It's occasionally OK to go to bed late, but if you cut down on your sleep regularly it will have a bad effect on your overall health. It will also affect your appearance. Lack of sleep can cause acne or dry skin. Stay active during the day. If you don't get enough exercise during the day, you may end up sleepless all night.

Standing, sitting and walking badly can make you look heavier than you really are. Stand in front of the mirror with your feet apart. Straighten out your legs and pull in your stomach. Check that your ears, shoulders, hips and knees are in line with each other. You should be feeling and looking better already!

Most of us live in cities with a high pollution level. If we got more fresh air we would look healthier and more attractive. A quick walk is one of the best things you can do for your circulation and looks. Walking slowly is useful but a quick pace gets more oxygen into your lungs. So don't just go for a pleasant walk, try and find a green area and get moving.

Many young people feel guilty about eating too much chocolates and sweets, and some even admit an addiction to it. However, there is no proof to support this. But chocolate does contain a lot of fat, and addicts would do better to eat less. If your diet is balanced you need not feel guilty: eating chocolate moderately is fine but don't eat it instead of a proper meal.