

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.

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## STAYING HEALTHY



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

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

Staying healthy also requires enough sleep. It's *occasionally* (OCCASION) OK to go to bed late, but if you cut down on your sleep *regularly* (REGULAR) it will have a bad effect on your overall health. It will also affect your *appearance* (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 *sleepless* (SLEEP) all night.

Standing, sitting and walking badly can make you look *heavier* (HEAVY) than you really are. Stand in front of the mirror with your feet apart. *Straighten* (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 *pollution* (POLLUTE) level. If we got more fresh air we would look healthier and more *attractive* (ATTRACT). A quick walk is one of the best things you can do for your *circulation* (CIRCULATE) and looks. Walking slowly is *useful* (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 *moving* (MOVE).

Many young people feel *guilty* (GUILT) about eating too much chocolates and sweets, and some even admit an *addiction* (ADDICT) to it. However, there is no *proof* (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 *moderately* (MODERATE) is fine but don't eat it instead of a proper meal.