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## Exercise 5

### Reading 2

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## A Healthy Lifestyle

Health is a topic that is crucial for everyone, regardless of age or background. Leading a healthy lifestyle can significantly improve our overall well-being and quality of life. In this passage, we will explore some key aspects of maintaining good health.

### Eating Right:

**Q1:** Eating a balanced diet is essential for our health. A balanced diet includes a variety of foods that provide our bodies with the necessary nutrients to function properly. **Q1:** This means consuming foods from different food groups, such as fruits, vegetables, grains, proteins, and dairy. It's important to avoid excessive consumption of sugary and fatty foods, as they can lead to weight gain and health problems. Including a mix of foods in your diet can also help boost your energy levels.

### Staying Active:

**Q2:** Regular physical activity is another key component of a healthy lifestyle. Engaging in



activities like walking, jogging, swimming, or dancing not only helps maintain a healthy weight but also strengthens our muscles and improves our cardiovascular health.

Physical activity has been linked to better concentration and cognitive function.

#### **Adequate Rest:**

Getting enough sleep is often underestimated but is vital for our well-being. During sleep, our bodies repair and regenerate, ensuring that we wake up feeling refreshed and ready to face the day. <sup>Q3:</sup> Lack of sleep can lead to fatigue, difficulty concentrating, and even health issues like weakened immune function.

#### **Stress Management:**

Stress can negatively impact your physical and mental health, affecting your ability to study and retain information. <sup>Q4:</sup> Techniques such as deep breathing, meditation, and yoga can help you stay calm and focused, improving your chances of success on the test.

#### **Avoiding Harmful Habits:**

Habits like smoking and excessive alcohol consumption can have serious negative effects on your health. These habits not only increase the risk of various diseases but also hinder your ability to perform at your best. <sup>Q5:</sup> Quitting smoking and moderating alcohol intake can lead to improved health and cognitive function.

#### **Regular Check-ups:**

Visiting a doctor for regular check-ups is an important aspect of maintaining good health. <sup>Q6:</sup> Regular health check-ups can help identify any potential health issues early on, allowing for timely intervention and treatment.