

1. Choose the correct option.

- i) The writer says that you should
a) do stretching exercises before you warm up b) warm up by moving your body slowly
- ii) The writer says going to bed late
a) doesn't matter most of the time b) does harm to your skin
- iii) Some people look heavier than they are because
a) they don't stand with their backs straight b) they don't walk enough
- iv) The best way to get fresh air is
a) walking slowly in the park b) walking quickly where there is no traffic

2. Look at the text again and choose the most suitable heading for each part 1-5. There is one extra heading.

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| A) Get a good night's rest | B) Find time to relax | C) Sit up straight |
| D) Spend more time in the open-air | E) Don't overdo it | F) Go for a run |