



Read the text again. Are the sentences true (T) or false (F)?

- a) The first thing most people do is to avoid getting ill.
- b) Doing exercise helps you to stay healthy.
- c) Everyone agrees on exactly how much people should exercise each day.
- d) Experts don't agree that any kind of exercise is good for you.
- e) Fibre helps your body to digest the food you eat.