

COMPRESIÓ DE TEXTOS ESCRITS (CTE)

WORD SELECTION. Choose the word that best fits from the box below to fill in the gaps. There are TWO extra words you will not need.

beneficial	healthy	improve	health	matches
reduce	mind	<i>spend</i>	injuries	

A healthy lifestyle

Many people today **(0)** *spend* a lot of time sitting: at school, at work or at home. This can have a negative effect on our **(1)**. Doing sport regularly is one of the best ways to stay healthy and feel good.

Physical activity helps us keep fit, control our weight and **(2)** stress. For example, sports like swimming, cycling or running are **(3)** for our heart and lungs. Team sports such as football or basketball are also good because they help us socialise and work together with others.

However, it is important to choose a sport that **(4)** your level of fitness and to warm up before exercising to avoid **(5)**. Eating a balanced diet and drinking enough water are also essential if you want to stay healthy.

In conclusion, sport is not only good for the body, but also for the **(6)**. Even a short walk every day can make a big difference.

KEY

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1 health 2 reduce 3 beneficial 4 matches 5 injuries 6 mind