

Name: _____ Date: _____

LISTENING / SPELLING



HEALTH

I never used to worry about my health until recently. When I was a (1)_____, I did loads of (2)_____. Even in my twenties and (3)_____ I was very fit and never (4)_____. I have been (5)_____ all my life – (6)_____ in the best of health. I (7)_____ get even a (8)_____. I suppose time catches up with you. Now I seem to be getting lots of little aches and pains. I should go to the (9)_____ for a health check, but I'm too (10)_____. The (11)_____ you get, the more you (12)_____ about your health. One good thing is that I'm (13)_____ more healthily now than ever (14)_____. I no longer have fast food and (15)_____ (16)_____. I also (17)_____ a lot more. I've read that getting (18)_____ or (19)_____ hours sleep every night is one of the (20)_____ things you can do for your health.

LISTENING / SPELLING

HEALTH

I never used to worry about my health until recently. When I was a kid, I did loads of exercise. Even in my twenties and thirties I was very fit and never ill. I have been lucky all my life – always in the best of health. I rarely get even a cold. I suppose time catches up with you. Now I seem to be getting lots of little aches and pains. I should go to the doctor for a health check, but I'm too busy. The older you get, the more you worry about your health. One good thing is that I'm eating more healthily now than ever before. I no longer have fast food and midnight snacks. I also sleep a lot more. I've read that getting seven or eight hours sleep every night is one of the best things you can do for your health.

1. kid
2. exercise
3. thirties
4. ill
5. lucky
6. always
7. rarely
8. cold
9. doctor
10. busy
11. older
12. worry
13. eating
14. before
15. midnight
16. snacks
17. sleep
18. seven
19. eight
20. best