

UNIT 10 Lifestyles

Lifestyle Advice

A Answer these questions about your lifestyle.

Your Diet

1. How much junk food do you eat? _____
2. How often do you eat fruits and vegetables? _____

Your Exercise Habits

3. How much walking do you do? _____
4. How often do you get exercise or play sports? _____

Your Health Habits

5. How well do you handle stress? _____
6. How often do you spend time with family and friends? _____

B How could you improve your lifestyle? Write four ideas in each column.

Suggestions (just ideas)	Advice (recommendations)	Obligation (necessities)
I could . . .	I should . . . I ought to . . .	I must . . . I have to . . .

C Write a page in your journal. Use the modals and some of your ideas from the chart in **B**.

Dear Diary,

I really want to make my lifestyle healthier, and I've thought of some things I can do. First, I _____.

Second, I _____.

In addition, I _____.

Most importantly, I _____.

These lifestyle changes will make me a healthier person, and they might help me live longer, too.