Fill in the blanks with words from the box. There are THREE words you will not need.

Scientists around the world agree that the key to staying _________ and keeping fit is to eat less and do _________ exercise such as walking or cycling. However, people who exercise too intensively often ___________ themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them ___________ for the next workout. To avoid gaining ___________, researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat ___________ may be good for your waistline, but research suggests it may have negative psychological ___________. Medical experts have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depressions and bad ___________.

Many of us already know that drinking coffee raises your blood ___________, but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular ___________ of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can ___________ the risk of heart ___________ and have a positive effect on ___________ levels and high blood pressure.

If you’re a chocolate fan, there’s good news for you! Recent studies have revealed that ___________ found in chocolate can not only put you in a good mood but also ___________ you from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of ___________ disease.
Scientists around the world agree that the key to staying healthy and keeping fit is to eat less and do physical exercise such as walking or cycling. However, people who exercise too intensively often reward themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them energy for the next workout. To avoid gaining weight, researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat diet may be good for your waistline, but research suggests it may have negative psychological effects. Medical experts have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depressions and bad mood.

Many of us already know that drinking coffee raises your blood pressure but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular doses of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can reduce the risk of heart attacks and have a positive effect on cholesterol levels and high blood pressure.

If you're a chocolate fan, there's good news for you! Recent studies have revealed that chemicals found in chocolate can not only put you in a good mood but also protect you from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of heart disease.