

## Healthy Eating and Exercise

Eating healthy and exercising regularly are key factors for a long and happy life. A balanced diet can improve physical health and provide the energy needed for daily activities. Additionally, exercise is essential to maintaining strong muscles and a healthy heart. Doctors suggest that even small changes, like walking more or eating more vegetables, can significantly impact overall well-being. Experts emphasize that consistency in good habits can prevent chronic illnesses and enhance mental health.



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Atividade:

- Encontre o sinônimo das palavras do texto (coluna da esquerda). Siga o exemplo:

Palavra do texto	Sinônimo
1. regularly	<b>steady</b>
2. improve	
3. balanced	
4. maintain	
5. energy	
6. suggest	
7. impact	
8. enhance	
9. chronic	
10. habits	

Opções: a. steady

b. boost

c. affect

d. strengthen

e. recommend

f. routine

g. long-term

h. power

i. equilibrium

j. develop



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## GABARITO

Palavra do texto	Sinônimo
1. regularly	steady
2. improve	develop
3. balanced	equilibrium
4. maintain	strengthen
5. energy	power
6. suggest	recommend
7. impact	affect
8. enhance	boost
9. chronic	long-term
10. habits	routine



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