

**Grammar Focus** - Fill in the blanks

1. If you \_\_\_\_\_ (eat) more fruits and vegetables, you \_\_\_\_\_ (be) healthier.
2. If I \_\_\_\_\_ (know) how important sleep is, I \_\_\_\_\_ (go) to bed earlier.

Complete the sentences using gerunds or infinitives

1. Well-being
2. Stress

- a) A state of mental or emotional strain
- b) The state of being comfortable, healthy, or happy

Write a short essay (150 -200 words) about a health-related change you would like to make in your life.

➤ Use at least two conditionals in your writing.

**Example:**

If I start meditating every day, I'll likely feel less stressed and more focused. This would have a positive impact on my overall well-being. If I had known the benefits of meditation earlier, I would have started practicing it years ago.