

Complete the sentences using the first or second conditional

1. If you _____ (eat) healthy food, you will feel more energetic.
2. If I _____ (have) more free time, I would go jogging every morning.
3. If they _____ (exercise) regularly, they will reduce their stress levels.
4. If I _____ (not work) so much, I would have more time to relax.

Write a short paragraph about how you would improve your health or lifestyle if you could change one thing, using the second conditional

Example:

If I had more free time, I would spend more time cooking healthy meals and going to the gym. This would help me feel more energetic and improve my overall health.