

Directions: Fill in the blanks.

Jim looked g__d. He felt g__d. Jim felt strong. He t__k care of himself. He almost never got sick. He had a lot of energ__.

Jim tried to eat good f__d. He did not eat much junk food. He ate three health__ meals a day. After meals he brushed his t__th. He used floss.

Jim liked to stay fit. He liked to walk for 30 minutes a d__. He put su__ block on his ski__ so it would not bur__.

Jim was not always like this. He used to __oke. He used to __ip meals. He used to eat at fast f__d places a lot. The only thing he did to relax was watch TV. His favorite form of exercise was drinking __eer. He was a real “couch __tato.” He had put on ten or fifteen extra pounds. He used to get __ick a lot. He never went to the doctor unless he had the flu.

Then one day he just decided to quit __oking. He quit “cold turkey.” He started walking after __unch. He could not go very far. He was so out of __ape. But

pretty soon he was walking right past the __ast __ood restaurants. He didn't stop to go in. He brought heal__y_ lunches and snack__ to work. He gave up soft drinks and started to drink more water.

Everyone started to notice the __ange in Jim.

“Wow, Jim! You're looking g__d,” they said.

“What's your secret?”

Jim smiled when he heard that. There was no __cret.

Now when Jim goes for his yearly check__, the doctor says his blood pressure and weight are very g__d. Jim feels like there is __ess __ess in his life since he started taking the time to l__k after his heal__.