

Answers	
1	<ul style="list-style-type: none"> • It leads to spending most of the time sitting (during the day). • the person does not get enough exercise, which may lead to poor physical fitness and serious illness.
2	<ul style="list-style-type: none"> • daily exercise. • it is the best way to relieve work stress and maintain fitness.
3	The employees should practice varied mental or physical exercises, such as; meditation, "yoga", reading, and swimming.
4	Fast food suits busy people, but it is impossible to have the nutritional value the body needs to maintain its health and immune system.
5	<ul style="list-style-type: none"> • illness in the digestive system. • a constant feeling of fatigue.
6	a balanced diet.