

27 A healthy lifestyle

1 Healthy or unhealthy

Put the following phrases into the correct box below:

- | | |
|---------------------|-------------------------|
| fresh fruit | a lot of stress at work |
| smoking | regular exercise |
| plenty of fresh air | too much alcohol |
| lots of sugar | salad |
| fish | too much salt |

.....	is good for you.
.....	is bad for you.

Now use the correct form of the following verbs. Use each one twice.

- avoid keep stay give up cut down

1. Playing tennis twice a week is what me fit.
2. Lots of fresh fruit and vegetables will help you to healthy.
3. My doctor keeps telling me I should smoking completely.
4. You don't have to stop drinking completely. Just try to a little.
5. If you can, try to stressful situations.
6. It's easy to start a diet. It's much harder to to it!
7. You'll see a big difference if you the amount of sugar you take in tea or coffee.
8. It's not essential to alcohol completely. Some doctors think a little a day is actually good for you.
9. Eat small meals regularly. This means you should do your best to eating big meals – especially late at night.
10. My weight has the same for the last ten years.

2 Watching your weight

Which two nouns go with each of these verbs?

- | | |
|------------|-------------------|
| 1. join | a. weight |
| 2. lose | b. a gym |
| 3. put on | c. a diet |
| 4. go on | d. a few kilos |
| 5. resist | e. chocolates |
| 6. cut out | f. a health club |
| | g. a crash diet |
| | h. anything sweet |

Now use four of the verbs above to fill the gaps in the following dialogue:

- A: I don't know what to do. I seem to weight so easily. Every time I weigh myself, I'm a kilo heavier!
- B: Well, you do eat a lot of fatty food – perhaps you should it of your diet.
- A: Oh, I don't know. I find it very difficult to stick to a diet. I just can't chocolates.
- B: At least you should try to cut down on all those burgers you eat. Perhaps you could a gym or a health club.

3 She's in really good shape

Look at the following text and put the phrases in colour into the correct list below:

My Mum's in really good shape. She goes to the gym twice a week and plays tennis on Sunday. My Dad, on the other hand, is really unfit. He spends all day in front of the TV – he gets out of breath if he has to get up to answer the phone! My sister's a swimming instructor. As you can imagine, she's as fit as a fiddle, but my brother, who used to play rugby every weekend, has let himself get really out of condition – he must have put on twenty kilos in the last two years. Finally, there's my grand-dad. He's nearly eighty but he's got loads of energy. He plays golf three times a week and jogs round the park on the other days!

fit and healthy

not fit

.....
.....
.....

4 Personal questionnaire

Tick the statements which are true for you. Then look at the key to see how healthy you really are!

1. a. I walk to work.
b. I drive to work.
2. a. I have muesli for breakfast.
b. I never eat muesli.
3. a. I never eat between meals.
b. I eat sweets between meals.
4. a. I play sport at least once a week.
b. I gave up sport years ago.
5. a. My waist size is the same as 5 years ago.
b. My waist is bigger than 5 years ago.
6. a. I do the housework in the evening.
b. I sit and watch TV in the evening.
7. a. I drink in moderation.
b. I drink a lot at weekends.
8. a. I occasionally eat a few chocolates.
b. I eat sweets on a regular basis.
9. a. I don't eat chips.
b. I have chips more than once a week.
10. a. In shops I always walk upstairs.
b. In shops I always take the lift.
11. a. I eat fish at least once a week.
b. I never eat fish.
12. a. I go dancing when I get the chance.
b. You'd never catch me dancing!
13. a. I always refuse puddings.
b. I never refuse puddings.
14. a. I go out into the country a lot.
b. The countryside is for animals!
15. a. I like to relax by reading a book.
b. I relax by going to the pub.

6 Collocations

Complete these collocations from the two exercises above:

- | | |
|---------------------------|---|
| 1. eat meals | 5. get of spots |
| 2. my waist | 6. look carefully at your |
| 3. drink in | 7. eat more |
| 4. on a regular | 8. try out all sugar and butter |

5 Problems

Match these lifestyle problems with the pieces of advice below:

The problems:

1. My hair always feels lifeless and oily. If I wash it in the morning, I need to wash it again when I come home from work. And I can't seem to get rid of the spots on my face.
2. If I buy a new pair of trousers, they don't fit me after a couple of months. So now I buy all my trousers one size too big. That way they last twice as long.
3. I get really breathless if I have to go upstairs nowadays. I used to be able to run up stairs. Now I have to stop halfway up and have a rest.
4. When I come home from work, the first thing I do every evening is pour myself a large gin and tonic. It's the only way I can relax.

The advice:

- a. Look carefully at your diet. Are you eating too many oily foods, like chips or potato crisps?
- b. You'd be far better playing squash or tennis after work. That would help you relax far better. You need less stress in your life.
- c. You're smoking too much. At the moment you are breathless. What will you do when the doctor tells you it's cancer?
- d. You are simply eating too much. If you are putting weight on so quickly, you must simply eat less and eat more healthily. Try cutting out all sugar and butter immediately, then start cutting out other things, like cream. Change to semi-skimmed milk.

Add your own words and expressions