

SPEAKING: "HEALTHY LIFE"



A. Your school or college is planning to have a Healthy Living week. With a partner say what healthy living ideas are shown in the pictures. Then choose two ideas or suggest your own ones and talk together about their benefits and how you will persuade people to take them up.



e.g.: Doing yoga will make your body fitter and stronger.
It's a good idea to take up YOGA to help you relax.

B. Read the two descriptions and say how healthy these people are. Decide which of the "Ways to good health" they should try. Why?

Clara drives a delivery van. She doesn't eat much during the day, but there is always a can of cola in the van. In the evening, she heats a ready-made meal in the microwave.

John is a journalist. He works at home, sitting at his computer all day. He goes for a quick run in the mornings before he starts work, and eats quite healthy meals.

C. Conversation questions

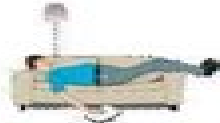
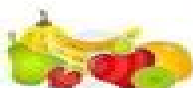
1. What can cause overweighting? What are the consequences of it? What are the ways of solving this problem?
What is the best way of losing the weight and never putting on weight?
2. Why shouldn't we skip meals?
3. Why is it very important to get enough sleep? What are the consequences of staying up late?
4. What are the advantages of taking up the new sport or hobby? Does it help to cope with stress? Why?
5. What are the reasons of being stressed out always? How do you cope with this every day?
6. Do you agree with this statement? "Laughing is good for your health"? Are you environmentally-friendly?
7. Sitting around or at a desk all day is one of the reasons of being tired. What other reasons do you know?



D. What are his dreams?

I WISH I HAD/HADN'T

E.g. - I wish I had cycled more to be fitter.



E. What should we do to keep fit?

DAVID: Hi, Steve. You look fantastic! I haven't seen you for a long time and you haven't changed a bit. You really look healthy.

STEVE: I guess I do. I hardly ever get a cold, maybe once in 2 or 3 years and that's all about my illnesses. I never suffer from anything.

D: No headaches, backaches, pains in the stomach?

S: (laughs) No, and my legs don't hurt and my arms don't hurt either.

D: Do you think that's because of your diet or the exercise you take?

S: Oh, I don't know. I mean I like food, and I think I eat healthy food - fruits, veggies, lots of salad. But I also enjoy fried food, meat, fish. And I like dairy products - milk, cream, sour cream, cottage cheese. I eat bread and I am fond of pancakes with caviar though I don't like sweets. In fact I like neither bitter nor sweets things. So, as you see, I can't say I keep a diet.

D: No, definitely not. Do you take regular exercises?

S: Not enough, I think. My work keeps me busy. In summer I play volleyball, swim and ride a bicycle. Last summer I tried to ride a horse but understood that wasn't my cup of tea.

D: Do you go in for any winter sports?

S: Not really. I mean I walk a lot. But no jogging or playing indoor games. So, that is the exercise I do. BY THE WAY I DON'T SMOKE and never drink alcohol, only soft drinks.



WHAT IS STEVE'S ADVICE? WHAT WOULD YOU ADVISE TOO DAVID?

Speaking For A Healthy Life Paperback

Ron Williams



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to say is applicable to every illness and every one of us For those who are sick this book offers solace and recognition For those who care for them either physically or emotionally it offers inspiration and compassion Finally this fresh perspective on healing reveals how every illness is a crucible that tries our mettle tests our limits and provides us with an unparalleled opportunity to integrate its lessons into our lives

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Mental Health Publishing and Empowerment Jason Pegler,2011-06-01

DescriptionMental Health Publishing and Empowerment is a book that explains how writing and publishing is a cathartic and empowering experience for Jason and Chipmunkapublishing authors This book contains Jason s views on writing and empowerment as well as the views and experiences of over 20 Chipmunkapublishing authors Each authors comments are analysed by Jason to show how they reflect the Mental Health Publishing and Empowerment process that Chipmunka offers

This book is an academic work that reveals how Chipmunka is effective as a social enterprise About the Author Jason Pegler is known internationally for his work as a social entrepreneur He was born in 1975 He was diagnosed with manic depression in 1992 This is his fifth book He is the author of A Can of Madness Curing Madness and The Ultimate Guide To Well Being His first three books can be bought together in the trilogy Bipolar Recovery and NLP Jason is the CEO of Chipmunka publishing and Co Founder of The Chipmunka Foundation He dedicates his life to empowering people with mental health issues so that they can fulfill their potential and help others

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