

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

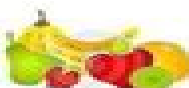
1. What can cause overweighting? What are the consequences of it? What are the ways of solving this problem?
What is the best way of losing the weight and never putting on weight?
2. Why shouldn't we skip meals?
3. Why is it very important to get enough sleep? What are the consequences of staying up 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



Speaking For A Healthy Life Paperback:

Friend to Mankind Marsilio Ficino 1433-1499 Marsilio Ficino, 2012-08-08 Eighteen essays re examine Ficino's life and work focusing on three essential aspects his significance in his own times his spreading influence throughout Europe and over subsequent centuries in many areas of thought and creativity and his enduring relevance today Translation of his major works from Latin enables a new generation to rediscover and share Ficino's vision of human potential **The Journal of Education**, 1917 **Journal of Education and School World**, 1917 **American Health Quackery** James Harvey Young, 2014-07-14 James Harvey Young the foremost expert on the history of medical frauds finds quackery in the 1990s to be more extensive and insidious than in earlier and allegedly more naive eras The modern quack isn't an outrageous looking hawker of magic remedies operating from the back of a carnival wagon but he knows how to use antiregulatory sentiment and ingenious promotional approaches to succeed in a trade that is both bizarre and deceitful In *The Toadstool Millionaires* and *The Medical Messiahs* Young traced the history of health quackery in America from its colonial roots to the late 1960s This collection of essays discusses more recent health scams and reconsiders earlier ones Liberally illustrated with examples of advertising for patent medicines and other alternative therapies the book links evolving quackery to changing currents in the scientific cultural and governmental environment Young describes varieties of quackery like frauds related to the teeth nostrums aimed at children and cure all gadgets with such names as Electreat Mechanical Heart The case of Laetrile illustrates how an alleged vitamin for controlling cancer could be ballyhooed and lobbied into a national mania half the states passing laws giving the cyanide containing drug some special status And AIDS is the most recent example of an illness that tragically has panicked some of its victims and members of the general public into putting their hopes in fake cures and preventives Young discusses the complex question of vulnerability why people fall victim to health fraud and considers the difficulties confronting governmental regulators From the late 1960s to the early 1990s the annual quackery toll has escalated from two billion to over twenty five billion dollars Young helps us discover why Originally published in 1992 The Princeton Legacy Library uses the latest print on demand technology to again make available previously out of print books from the distinguished backlist of Princeton University Press These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905 **RISE AND SHINE Anxiety & Depression, & Life Management Tools** Ron Williams, 2014-06-24 NOTES A 5th Final Touch Edition written over 10yrs 4mos For Paperback be sure to order New to assure you're getting the latest Final Touch Edition B Intended Relaxation YouTube Session Id d in 5 3 1 of Book now Unavailable See Details contained in following Blog Post addressing Options riseandshineanxietydepression.net 2020 08 23 As Strong as Complete especially per the 5th Final Touch Edition You think God Created us thinking we Need man made

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Mental Health Publishing and Empowerment Jason Pegler, 2011-06-01 Description Mental Health Publishing and Empowerment is a book that explains how writing and publishing is a cathartic and empowering experience for Jason and Chipmunka publishing authors This book contains Jason's views on writing and empowerment as well as the views and experiences of over 20 Chipmunka publishing 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 Chipmunkapublishing 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 **Kliatt Young Adult Paperback Book Guide** ,1994

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