

**People can stay into shape  
not only by practicing  
sport, but also by having  
intelligent lifestyles.  
Here are some basic tips  
for maintaining a healthy  
lifestyle.**





# READING COMPREHENSION: Health Tips

## **a. Exercise**

**You don't have to go to the gym. Walk for thirty minutes every day. It will help you lose weight.**

## **b. Eat healthy**

**Reduce fatty food, cut down on sugar, and eat a lot of fruits and vegetables. This helps reduce cholesterol and blood pressure. It will also lead to better blood sugar control.**





# READING COMPREHENSION: Health Tips

## Unit 6: HEALTH

### **c. Reduce stress**

**Take it easy! You can't get everything you want. You have to accept that there are things that you can't control. Manage your time by giving yourself enough time to get things done. Set a time during the day for relaxation.**

### **d. Improve sleep**

**Avoid caffeine, alcohol, nicotine, and other chemicals that disturb sleep. Equip your bedroom with a comfy mattress and pillow. Sleep in a dark, clean and quiet environment.**



## **e. Meditation**

**Meditation is related to a variety of health benefits. It is linked to changes in metabolism, blood pressure, brain activation, and other bodily processes.**

## **f. Positive thinking**

**People who think positively have an optimistic view of life. This affects their health and well-being. Optimism can reduce the risk of developing some health conditions, for example heart disease, depression, and cancer.**



# READING COMPREHENSION: Health Tips

**Read the text. Correct the following information. (Key)**

- 1. Thirty minutes walk every day will encourage weight gain.**
- 2. Fat and sugar help reduce cholesterol and blood pressure.**
- 3. Set a time during the day for more stress.**
- 4. To improve sleep, use caffeine, alcohol and nicotine.**
- 5. Sleep is linked to changes in metabolism, blood pressure and brain activation.**
- 6. People who think positively have a pessimistic view of life.**



# READING COMPREHENSION: Health Tips

Read the text. Correct the following information.

1. Thirty minutes walk every day will **prevent** weight gain.
2. **Fruits and vegetables** help reduce cholesterol and blood pressure.
3. Set a time during the day for **relaxation**.
4. To improve sleep, **avoid** caffeine, alcohol and nicotine.
5. **Meditation** is linked to changes in metabolism, blood pressure and brain activation.
6. People who think positively have **an optimistic** view of life.



# Writing: Health Tips

Look at the picture. Write 5 health tips.





# Writing: Health Tips

**Look at the picture. Write 5 health tips.**

☒ **Eat healthy food, such as fruits and vegetables.**  
**They give energy and contain plenty of vitamins.**

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