

Health and fitness

Collocations: verbs and nouns

Which words go together ? some of the words can go with more than one verb from column 1

1) keep	a) exercise
2) go on	b) a diet
3) suffer	c) an illness
4) have	d) an arm
5) take	e) an operation
6) cure	f) a temperature
7) treat	g) fit
8) break	h) a check - up

To keep fit (to be in a good physical state) – To go on a diet (to start a diet) –To keep a diet (to follow it) - To suffer from an illness- To have an operation- To have a temperature- The doctor takes your temperature - To take exercise (to exercise- to do physical exercises) – To cure an illness –To treat an illness- To have a check up (hacerse una revisión médica : I went to the doctor for a check up / to have a check up) – To break an arm

Use ONLY one word in each space

Attention !!! "If I go to a doctor..." (It is likely/possible) – "If I went to a doctor " (The possibility is more remote, more unlikely. " Si yo fuera" in Spanish.

The condition of our bodies is something we all know is important. (1) _____ fit is something (2) _____ most of us try to do and going (3) _____ a diet is easy enough when we become overweight. It is also important to (4) _____ regular check-ups , especially if you (5) _____ a lot of exercise. However, we all occasionally suffer (6) _____ an illness, and visit the doctor. He will probably 7) _____ your temperature and will prescribe pills to 8) _____ the problem. But what if you 9) _____ to a doctor and he then began to stick steel needles into your skin ? I think most of us would consider this a very painful way to 10) _____ cured.

However, acupuncture is used to 11) _____ many illnesses and often cures back pains and headaches. People who have 12) _____ an arm or a leg can get relief from pain with this type of alternative medicine and many people have 13) _____ operations without anaesthetic. It is an **ancient** Chinese practice 14) _____ it has been used **for centuries** . It involves putting needles into the skin, which release certain chemicals into your body. It is safe and has no side-effects, although in the West, it is not considered the normal way to 15) _____ illnesses. The Chinese say that it is better than Western medical practise.

Attention !!! Inferring meaning from the context : Most of the time the text explains the meaning of a word. For example "ancient" is explained by " for centuries "



A backache



a sore throat



needles

On a separate sheet of paper write about : Me and my health.

Are you healthy ? What do you do to be healthy ? Do you ever have check ups ? Would you go to an accupuncturist , if you had a problem ?