UNIT 2: YOUR BODY AND YOU

LISTENING: HOW TO START A HEALTHY LIFESTYLE

You've been telling yourself you want to live healthier, but you have no idea where to start The good news is that you don't have to spend thousands of dollars on a (1) _____and personal trainer.

To live a healthier lifestyle, it starts with just a few little changes that you'll build upon day after day. Sure there's a guy named Fabrice who charges a thousand English pounds per hour. To whip***(= hit)*** your body into shape while wearing spandex (***clothes that strech).*** But you can also just go for a (2) _____ walk everyday to low your stress, reduce the amount of cortisol been dumped into your blood and even help you to (3)_____

If you walk outside the benefits are compounded (***combined***), experts who have gone to prestigious universities have studied the effects of being (4)_____ and learned it makes us happier , more (5) _____ , smarter and retaining our memories better. You could also for cover some major (6)_____ to have a highly trained nutritionist telling you what not to eat , Or you could just make some silly simple changes like giving up one (7)_____ a week while replacing it with something better like leafy greens vegetables, fresh fruits, nuts, seeds, sprouts and (8)_____

If you did this every week, by the end of a single year you would have completely transformed your diet.

One of the biggest components to our overall health is (9) _____

We are quick to ditch the sugar if we need to squeeze into a dress for a special event. But how much do we take our daily happiness into account. What if you could fill like a million bucks everyday by simply altering neural (10)_____in your brain. It is not hard to do this, simply increase foods and lifestyle choices that create natural hapiness hormones like dopamine, serotonine and oxitocine. That means you can eat dark chocolate, laugh as often as possible and add probiotics to your gut *(= intestine*) to feel like everyday is a good day

It's about time you got down to change your life style

LIVEWORKSHEETS