

UNIT 8 B VOCABULARY

1 8.9 Complete the text with the correct form of *get*, *be*, or *have*. Listen and check.

Do you ¹ _____ an unhealthy lifestyle?

It's very easy these days to ² _____ bad habits when it comes to exercise, food, and sleep. If you'd like to ³ _____ a healthy lifestyle, talk to your doctor and follow the advice below.

- Try to ⁴ _____ exercise five times a week for at least 30 minutes. Adults need 150 minutes of moderate aerobic activity every week, or 75 minutes of vigorous activity.
- Make sure you ⁵ _____ a balanced diet. Eat a variety of foods from all five food groups, but limit how much sugar, fat, and salt you eat.
- Even in stressful situations, try not to ⁶ _____ stressed. Make sure you have enough time to relax. Regular exercise helps reduce stress levels.
- Exercise also helps you lose weight if you ⁷ _____ overweight, and if you are out of shape, it helps you to ⁸ _____ in shape.
- If you ⁹ _____ on a diet, don't try to lose weight too quickly.
- If you ¹⁰ _____ underweight, aim to eat food that is high in energy, for example, peanut butter on toast or a baked potato with tuna.
- It's important to ¹¹ _____ a good night's sleep. We all need different amounts of sleep, but most adults need 7–9 hours a night.

READING

2 **A** Read the posts by Sophie, Tom, and Kate below. They ask their friend Rob, a fitness expert, for advice. What problems do they have? Choose the correct options.



Sophie

I have to get up at 5 a.m. every day as I start work at 7. I don't go to bed till after midnight, so I'm only getting 5 hours of sleep a night. When I drive to work, I'm so sleepy! How do I know if I'm getting enough sleep? @RobDanes, you have a lot of health apps – can you recommend one for me?



Rob

Check out *Sleep Friend*. It tells you when you should go to bed and get up. It also monitors sleep cycles, so it knows when you're in a light sleep or a deep sleep, and its alarm goes off when you're sleeping lightly. You should get more than 6 hours of sleep a night, though, and you can't drive when you're very tired!



Tom

Rob, I didn't know you were such an expert! Got any suggestions for me? This morning I had to run for the bus, and I felt awful. I'm so out of shape. I really have to get more exercise, but I just don't have time to go to the gym or take fitness classes.



Rob

Hi Tom! You don't have to go to the gym to get in shape. Try the *Workout for 7* app. It's really worked for me. You exercise really hard for 7 minutes, and it has the same effect as going running or working out at the gym. The app shows you exactly what to do.



Kate

While you're giving everyone advice, Rob, can you give me some? I really need to chill out. I'm so anxious about my new job that I can't relax, and it's really worrying me. I've heard that meditation can help. Is there an app for that?



Rob

Hey Kate! You shouldn't worry about it – we all get stressed out. Just learn some meditation techniques that you can do at home regularly. Get the *iRelax* app. It shows you what to do, creates a meditation schedule, and reminds you when to do it. Good luck and let's get together soon.

- 1 Sophie can't sleep at night / isn't sure how much sleep she needs.
- 2 Tom feels out of shape / wants to lose weight.
- 3 Kate is looking for a new job / is stressed out.

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A Are the sentences true (T) or false (F)?

- 1 *Sleep Friend* wakes you up when you're in a deep sleep. _____
- 2 *Workout for 7* isn't as good as going running. _____
- 3 *iRelax* tells you when to meditate. _____

B Complete the sentences with the words in the box. Who said each sentence? Check your answers in the text.

can't have to (x2) should don't have to shouldn't

- 1 I _____ get up at 5 a.m. every day.
- 2 You _____ get more than six hours of sleep.
- 3 You _____ drive when you're very tired!
- 4 I really _____ do more exercise.
- 5 You _____ go to the gym to get in shape.
- 6 You _____ worry about it.