



A Healthy balance

1. Read the text and answer the following questions (lee el texto y responde las preguntas).

A healthy life is commonly associated with physical activity. If you do a lot of physical activities, you will probably be a healthy person. Here you will find some physical activities that you can enjoy in order to start living healthier!

Walk: Probably the easiest one to do, because you walk multiple times every day. You can create a new healthy habit if you walk to school every day.

Go Running: If you live too close to your school or walking isn't enough for you, you can always try running! You can do it after you finish your homework, and it is a better exercise than walking.

Play Sports: Playing a sport can be much more fun to do because most sports require other players, which means that you will be able to play with your friends or with your family.

Dance: Do you like music? Then dancing might be your favorite activity. You might think that dancing is not a good exercise, but if you dance for more than 15 minutes, you will do a lot of exercise.

Games: There are many games that you can play with your friends which are also great physical activities. You probably remember games from your childhood such as racing or playing tag.



But it is important to keep in mind that physical activities are only one half of a healthy lifestyle. It is easy to forget about it, but your mental health is sometimes even more important! Here are some great activities that will help you relax and are great for your mental health.

Cook: Some people love cooking because they find it relaxing and fun. It is also a great opportunity to start eating healthier, too.

Listen to Music: Music is an important part of our lives and listening to your favorite music will make you feel happier and more relaxed.

Sleep: Sleeping 8 hours a day is very important for your health, especially when you are growing up. If you don't get 8 hours of sleep every night, try going to bed a little bit earlier.

Read: Reading a book or a story is great for your imagination and will help you discover worlds that are hidden inside the pages.

Play Video Games: Between cellphone, console and computer games you will find many video games that will help you relax and have a lot of fun! Keep in mind that it is better to play video games only for a couple of hours.

Relax: But sometimes, the best thing to do if your mind needs a break is to do nothing. Just rest! It will help you relieve stress and you will feel better.

It is always important to look at how you are spending your own time and see if you have a healthy balance between physical activities and other ways of spending time. Doing too much of one activity, even if it is a healthy one, will be bad for you.



I. **TRUE OR FALSE? Write the correct answer based on the reading text T (true) or F (False).** Escribe la respuesta correcta relacionadas al texto T (verdadero) o F(falso).

1. Unhealthy life is commonly associated with physical activity.
2. Running is better than walking.
3. If you like music, you can dance less than 15 minutes and you will be exercising a lot.
4. Walk, play sports, games, relax and cook are physical activities.
5. Physical activities and mental health are important to have a healthy lifestyle.
6. Listening to your favorite music will make you feel happier and more relaxed.
7. You can play video games as many hours as you want.
8. Cooking, reading, and sleeping are activities that will make you feel more happier and relax.

True	False

II. **Think about your favorite activities which contribute towards your physical or mental health and write them in the box (3 of each).** Piensa en tus actividades favoritas que contribuyan en su salud física y mental y escríbelas en el cuadro (3 de cada una).

EXAMPLE: play soccer, do karate, dancing hip-hop, reading a cooking book, watch videos on the internet, etc.

Physical activities	Mental activities
1.	1.
2.	2.
3.	3.

III. **Interview a member of your family and ask about their favorite activities which contribute to their physical and mental health.** Entrevista a un miembro de tu familia y preguntar acerca de sus actividades favoritas que contribuyan en su salud física y mental.

Physical activities	Mental activities
1.	1.
2.	2.
3.	3.