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Warm-Up Activity

Read the following statements and check whether they are True or False

1. A plant-based diet is always healthier than one that includes meat.
2. Taking supplements can replace the need for eating a well-balanced diet.
3. Sleep is as important as diet and exercise for maintaining good health.

2

Health and Fitness

Read the following passage and mark with an x the correct option.

I should have paid more attention to my health earlier instead of eating junk food and being a couch potato. My diet was unbalanced, leading to weight gain and low energy. I didn't pay much attention to healthy eating or physical activity, and it showed. One day, while hiking with friends, I realized how out of shape I was. I couldn't keep up, and my lack of fitness left me exhausted.

That experience pushed me to make better decisions. I started paying attention to my meals, incorporating a balanced diet and regular exercising. I also focused on flexibility and overall care for my body. Over time, I saw real improvement in my stamina and well-being. The positive effects of my healthier lifestyle were clear, and I gained better control over my health.

1. What was one consequence of the author's previous lifestyle?
2. What activity made the author realize they were out of shape?
3. What change did the author make to improve their health?
4. How did the author describe the impact of their healthier lifestyle?