Health and Symptoms

The doctor talks about two main topics. Which ones?

- a) Losing weight
- b) Sleeping better
- c) Back pain
- d) Eating breakfast

Listen again — True or false?

	True	False
1. The doctor recommends eating only lemon juice for two weeks.		
2. People should reduce the amount of fat and sugar they eat.		
3. The doctor says people should stop eating fat and sugar completely.		
4. Exercise helps people lose weight.		
5. Staying in bed is the best solution for back pain.		
6. Swimming is a good exercise for the back.		

Answer these questions about you

- What types of exercise do you enjoy?

- Do you prefer swimming, walking, or cycling?

LIVEWORKSHEETS