Stress and Health

A. Listen. People are talking about health and relaxation. Where are they?

1 a. a tea shop
b. a sports gym

2 a. a doctor's office
b. an aromatherapist's office

3 a. a yoga class
b. a massage therapist's office

4 a. a sports gym
b. a health food store

5 a. a doctor's office
b. a yoga class

B. Listen again. Check (✓) the two health benefits for each technique.

	sleep better	feel younger	look younger	have more energy	feel calmer
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐

LIVEWORKSHEETS