

## **HEALTH AND FITNESS**

We have all busy lives these days, and it can be difficult to find time to stay in shape. But there are a few simple things that will keep your body and mind healthy when you are at work on the go.

**1. Be kind to your back.** We all spend a lot of time at desks, in cars and airplanes, or in front of the TV. Sitting all day isn't good for your spine, and can give you a backache. This simple exercise will help. Lie on the floor on your stomach. Put your arms by your side with your palms on the floor. Now breathe in, and lift your head and chest off the floor. Hold for five seconds and slowly lower your head and chest, as you breathe out. Repeat ten times. The exercise only takes a minute, it's very relaxing, and it will make your back stronger and flexible.

**2. Power nap!** When you rush from one meeting to another, your brain is always busy and you get tired and stressed. Try a power nap. You can do this at your desk. Just sit comfortably, close your eyes, and relax for about twenty minutes. Don't fall into a deep sleep. When you open your eyes again, you'll feel fresh and ready to go.

**3. Out to lunch!** If, like a lot of people, you are going to have lunch at your desk today, here's a final piece of advice: don't! If your body sends blood to your brain, so that you can work, it won't send enough blood to your stomach. So you'll eat too much and you'll put on weight. Give your brain and your stomach a break. Have lunch in the park and digest your food properly.

Follow this simple advice, and you'll be fitter and healthier!

**Read the following statements and mark "Right" (A), "Wrong" (B). If there is not enough information, choose Doesn't say (C).**

**1.** Spending too much time sitting, can cause spine problems.

**A.** Right                    **B** Wrong                    **C** Doesn't say

**2.** Breathing in and out helps you avoid chest pains.

**A.** Right                    **B** Wrong                    **C** Doesn't say

**3.** A power nap helps you feel cool.

**A.** Right                    **B** Wrong                    **C** Doesn't say

**4.** If you want your spine becomes strong, do the back exercise.

**A.** Right                    **B** Wrong                    **C** Doesn't say

5. You digest your food well when you drink enough water.

**A.** Right                    **B** Wrong                    **C** Doesn't say

6. You get stressed when you rush around at work.

**A.** Right                    **B** Wrong                    **C** Doesn't say

7. When you don't eat too much, you put on weight.

**A.** Right                    **B** Wrong                    **C** Doesn't say

8. Before working out, you should do some stretching exercises.

**A.** Right                    **B** Wrong                    **C** Doesn't say

9. If people try to be healthier, they should give up smoking.

**A.** Right                    **B** Wrong                    **C** Doesn't say

10. You'll put on weight if your body sends blood to your brain.

**A.** Right                    **B** Wrong                    **C** Doesn't say