

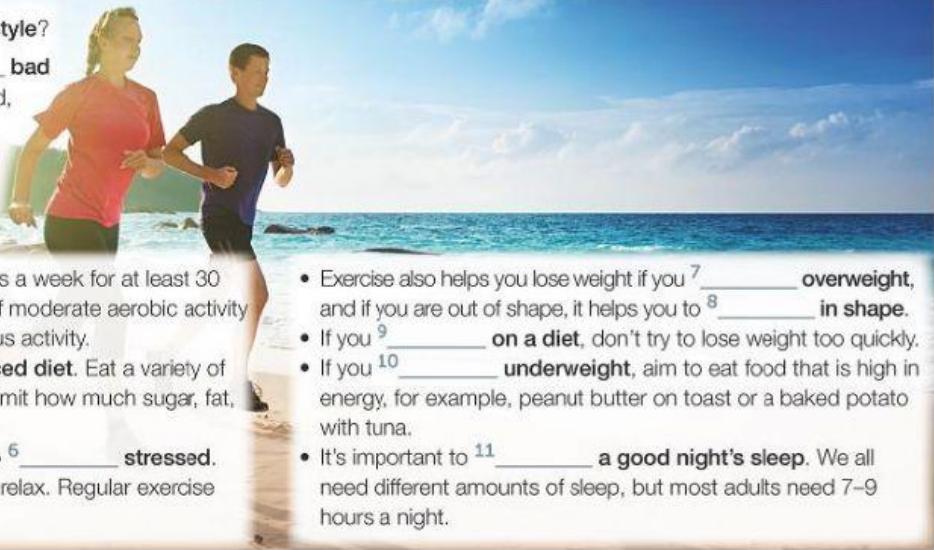
## UNIT 8 B VOCABULARY

### 1 8.9 Complete the text with the correct form of *get*, *be*, or *have*. Listen and check.

Do you <sup>1</sup> **an unhealthy lifestyle?**

It's very easy these days to <sup>2</sup> **bad**

**habits** when it comes to exercise, food, and sleep. If you'd like to <sup>3</sup> **a healthy lifestyle**, talk to your doctor and follow the advice below.



- Try to <sup>4</sup> **exercise** five times a week for at least 30 minutes. Adults need 150 minutes of moderate aerobic activity every week, or 75 minutes of vigorous activity.
- Make sure you <sup>5</sup> **a balanced diet**. Eat a variety of foods from all five food groups, but limit how much sugar, fat, and salt you eat.
- Even in stressful situations, try not to <sup>6</sup> **stressed**. Make sure you have enough time to relax. Regular exercise helps reduce stress levels.

- Exercise also helps you lose weight if you <sup>7</sup> **overweight**, and if you are out of shape, it helps you to <sup>8</sup> **in shape**.
- If you <sup>9</sup> **on a diet**, don't try to lose weight too quickly.
- If you <sup>10</sup> **underweight**, aim to eat food that is high in energy, for example, peanut butter on toast or a baked potato with tuna.
- It's important to <sup>11</sup> **a good night's sleep**. We all need different amounts of sleep, but most adults need 7–9 hours a night.

### READING

### 2 A Read the posts by Sophie, Tom, and Kate below. They ask their friend Rob, a fitness expert, for advice. What problems do they have? Choose the correct options.



**Sophie**

I have to get up at 5 a.m. every day as I start work at 7. I don't go to bed till after midnight, so I'm only getting 5 hours of sleep a night. When I drive to work, I'm so sleepy! How do I know if I'm getting enough sleep? @RobDanes, you have a lot of health apps – can you recommend one for me?



**Rob**

Check out *Sleep Friend*. It tells you when you should go to bed and get up. It also monitors sleep cycles, so it knows when you're in a light sleep or a deep sleep, and its alarm goes off when you're sleeping lightly. You should get more than 6 hours of sleep a night, though, and you can't drive when you're very tired!



**Tom**

Rob, I didn't know you were such an expert! Got any suggestions for me? This morning I had to run for the bus, and I felt awful. I'm so out of shape. I really have to get more exercise, but I just don't have time to go to the gym or take fitness classes.



**Rob**

Hi Tom! You don't have to go to the gym to get in shape. Try the *Workout for 7* app. It's really worked for me. You exercise really hard for 7 minutes, and it has the same effect as going running or working out at the gym. The app shows you exactly what to do.



**Kate**

While you're giving everyone advice, Rob, can you give me some? I really need to chill out. I'm so anxious about my new job that I can't relax, and it's really worrying me. I've heard that meditation can help. Is there an app for that?



**Rob**

Hey Kate! You shouldn't worry about it – we all get stressed out. Just learn some meditation techniques that you can do at home regularly. Get the *iRelax* app. It shows you what to do, creates a meditation schedule, and reminds you when to do it. Good luck and let's get together soon.

- 1 Sophie can't sleep at night / isn't sure how much sleep she needs.
- 2 Tom feels out of shape / wants to lose weight.
- 3 Kate is looking for a new job / is stressed out.

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**A** Are the sentences true (T) or false (F)?

- 1 *Sleep Friend* wakes you up when you're in a deep sleep. \_\_\_\_\_
- 2 *Workout for 7* isn't as good as going running. \_\_\_\_\_
- 3 *iRelax* tells you when to meditate. \_\_\_\_\_

**B** Complete the sentences with the words in the box. Who said each sentence? Check your answers in the text.

can't have to (x2) should don't have to shouldn't

1 I _____ get up at 5 a.m. every day.	4 I really _____ do more exercise.
2 You _____ get more than six hours of sleep.	5 You _____ go to the gym to get in shape.
3 You _____ drive when you're very tired!	6 You _____ worry about it.