Illnesses and Pains
Exercise

Read the following situations and identify the good vs the bad suggestions. Also, provide your suggestions.

Hi! I'm Ashly. I exercised last week after two years without physical activity. I almost died. All my muscles in my body hurt so much. I cannot even walk.

My friends' recommendations are...

- To exercise again to relax my body.
- To rest.
- To never exercise again.
- To exercise lighter.
- To warm up before exercising.
- To drink green tea.
- To get a massage.
- To apply muscle cream.

Good Suggestions	Bad Suggestions

My suggestion

Hi! I'm Luis. I started a diet last week. I was always accustomed to eating a lot, but with this new diet, I eat very little. I have suffered from stomachaches and headaches.

My friends' recommendations are...

- To eliminate the diet.
- To start by reducing the amount of food progressively.
- To consume a lot of fruits and vegetables.
- To eat an adequate amount of food, but including healthy food.
- To go to a nutritionist.
- To try with a different diet.
- To have balanced food.
- To include fritters in my diet.

Good Suggestions	Bad Suggestions

My suggestion

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