

### Healthy Lifestyles

**A Watch** Watch the video on a typical day of a lighthouse keeper. Then place each activity under the proper category of healthy or unhealthy.

[https://www.youtube.com/watch?v=oFDL9a4Ab\\_Q](https://www.youtube.com/watch?v=oFDL9a4Ab_Q)

|                 |                         |
|-----------------|-------------------------|
| Mowing the lawn | Walking outside         |
| Smoking         | Using exercise machines |
| Climbing stairs | Drinking coffee         |

| Healthy activity | Unhealthy activity |
|------------------|--------------------|
|                  |                    |
|                  |                    |
|                  |                    |
|                  |                    |

**B Discussion** Discuss these questions. Then read the story.

1. What kind of exercise do you do?
2. How many minutes of exercise do you need a day?

**C** Type in the correct answer

1. The surgeon general works for the US \_\_\_\_\_.
2. 10,000 steps is the same as \_\_\_\_\_.
3. Walking is a healthy activity because it \_\_\_\_\_.
4. When people walk at night, it is a good idea to wear \_\_\_\_\_.
5. How much should people exercise every week?