

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

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?