



Vocabulary

Look at the highlighted words in the text, write their synonym in the table below.

Word	Synonym
Impact (v)	
Tighten (v)	
Wellbeing (n)	
Aim (v)	
Stick to (v)	
Fluid (n)	

Staying healthy in lockdown: a GP's top 8 tips

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The coronavirus (COVID-19) pandemic has **impacted** all of us in the last year. If you live in a place where restrictions have **tightened**, it's important to make sure you look after your health and **wellbeing**. Here are my top 8 tips for staying healthy during a lockdown.

1. Follow a routine

It's important to create a routine to give your day structure.

- Try to get up and go to bed at the same time every day, **aiming** for seven to nine hours of sleep per night.
- If you're working from home, make sure you schedule in lunch breaks, and time to move and stretch.
- Make time for exercise. This can include activities like lifting weights, an online dance class or a long walk.

2. Eat well

Try to prepare nutritious meals if you can. Eating well is good for both your physical and mental health.

- Eat five portions of fruit and vegetables a day to make sure you're getting a range of vitamins and minerals. Dried, fresh and tinned options all count.
- Have regular meals and **stick to** healthy snack options such as fruit, or a small handful of unsalted nuts and seeds.
- Consider taking a daily supplement of vitamin D, especially during the winter. This is particularly important if you aren't exposed to much sunlight.

3. Keep hydrated

Drinking enough **fluids** helps your body function properly. You should have six to eight glasses of fluid a day.

4. Take time to switch off

You might also find it helpful to spend some time away from social media. This might be especially true if you're in a local lockdown.

Taking some slow deep breaths can help reduce anxiety levels and help you reset. Try breathing in for four counts, hold your breath for four counts and breathe out for five counts.

Mafalda Giudice E3

Reading adapted from <https://www.bupa.co.uk/newsroom/ourviews/staying-healthy-lockdown>

Now answer the questions

Please put a cross **X** to select the correct answers.

1) The text wants to:

a) Warn you	
b) Persuade you	
c) Inform you	

2) What does the word '**nutritious**' mean in the text?

a) Healthy	
b) Organic	

3) Who is this text for?

a) Anyone	
b) People in lockdown	
c) Sick people	

4) Breathing exercises are important to fight depression:

True	
False	

5) In the article they mention fruit and vegetable options in **alphabetical order**.
Where would you find the word frozen?

a) After fresh	
b) Before fresh	
c) After tinned	