

**A Read the leaflet about staying healthy and fill in the gaps with the words from the list below.**

*manage, stare, play, spend, doctor, solve, get, take, make,  
advice, exercise, cause*

For a healthy life, follow this simple 1) ..... from Jacob Khan,  
a 2) ..... at University Hospital, London.

**Do**

- 3) ..... your mind – read a book or
- 4) ..... a crossword.
- 5) ..... time in the sunshine.
- 6) ..... the sleep you need. 7) ..... sure you have at least 7 hours a night.

**Don't**

- 8) ..... your music too loudly – it could
- 9) ..... damage to your ears.
- put yourself under too much pressure – try to
- 10) ..... your stress.
- 11) ..... at your computer screen for too long – remember to
- 12) ..... frequent breaks.

**B Choose the correct item.**

- 1 It's time to **prevent** / **face** the consequences of using mobile phones – they can spread germs and lead to other health problems, too.
- 2 The doctor said that Mike's hearing **loss** / **strain** occurred as a result of listening to loud music.
- 3 Why don't you put your games console in a bigger room? You can't play properly in a(n) **confined** / **extended** space.
- 4 Laura **sends** / **spends** about 30 text messages a day!
- 5 If you don't clean your mobile phone regularly, you could get a skin **arthritis** / **infection** on your face.
- 6 Tim gets **blurred** / **dry** vision if he uses his computer for a long time.
- 7 Researchers say you should **recommend** / **set** the volume of your MP3 player at a low level.
- 8 **Modern** / **Entertainment** gadgets, such as mobile phones and computers, are very useful as well as fun.

## Home remedies

**C What is wrong with each person? Complete the sentences using the words from the list. Add any necessary words, as in the example.**

*hay fever, the flu, travel sickness, a sunburn, an upset stomach, a headache*

- 1 I feel ill when I am in a moving car.  
I *have travel sickness*.
- 2 John's head hurts.  
John .....
- 3 Lucy ate too much and now she feels sick.  
Lucy .....
- 4 I keep sneezing and my eyes are itchy all summer.  
I .....
- 5 Peter was on the beach all day and now his skin is red and painful.  
Peter .....
- 6 Ellen's temperature is very high but she feels cold.  
Ellen .....

