

Vocabulary

Health and fitness

1 Match each word (1–5) with its meaning (a–e).

1 treatment (n)



a pieces of flesh in our body that allow the movement of our arms, legs, etc.

b something that helps to cure an illness or injury

2 strength (n)



c the quality of being physically strong

d to have a health problem

3 muscles (n)



e to look at someone's body carefully to find out if there is a health problem

4 suffer (from) (v)



5 examine (v)



2 Complete the following sentences using the correct forms of the words in 1.

1. The doctor _____ her carefully, but could not find anything wrong.
2. He is receiving _____ for his health problem.
3. Regular exercise can help you improve your muscle _____.
4. To build your _____, you can try lifting weights.
5. Nam can't sleep well. He is _____ stress.

Grammar

Past simple vs. Present perfect

Remember!

We use the past simple to describe:

- something that started and finished in the past.
*Example: You **did** a great job yesterday.*
- something that was completed in the past (often used with a time phrase).
*Example: We **lived** in Ha Noi when I was little. Now we live in Hai Phong.*

We use the present perfect to describe:

- something that started in the past, and is still happening now (often used with *since*, *for*, *so far*).
*Example: You **have done** a great job so far.*
- something that was completed in the very recent past (often used with *just* or *recently*).
*Example: We **have just moved** to Hai Phong.*

1 Put the verbs in brackets in either the past simple or the present perfect.

1. He (see) _____ the doctor yesterday.
2. She (suffer) _____ from a serious headache, but after treatment, she felt better.
3. Our living conditions (improve) _____ over the last few decades. Now people live much better.
4. The doctor (just, examine) _____ her. Fortunately, the treatment is working.

2 Work in pairs. Talk about what you do to keep fit and healthy. Use the past simple and the present perfect.

Example: I have exercised regularly for a year. I went swimming last weekend.

III READING

How to live a long and healthy life

1 Work in pairs. Look at the photos and discuss the questions.

Which photos show healthy habits?
Which ones show unhealthy habits?
Why?



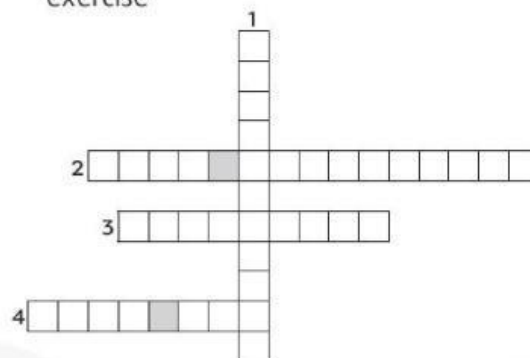
2 Read the article. Solve the crossword with words and phrases from it.

DOWN

1. (Section A, noun) the things from which something is made

ACROSS

2. (First paragraph before Section A, noun phrase) the number of years that a person is likely to live
3. (Section A, noun) things to keep a living thing alive and help it grow
4. (Section B, phrasal verb) do physical exercise



Life expectancy has generally increased over the past few decades, and some people enjoy a longer and healthier life than others. One possible explanation is that they have healthy lifestyle habits. So how can you develop these habits?

A. _____

Start by looking at food labels, paying attention to ingredients and nutrients, such as vitamins and minerals. Avoid having food with too much salt or sugar, such as fast food. Furthermore, add more fresh fruits and vegetables to your diet, and remember to eat a big breakfast and a small dinner.

B. _____

If you have not been very active, start exercising slowly, but regularly. To begin with, choose the type of exercise that is suitable for you. Then, start slowly, for example, by doing exercise for only 5 to 10 minutes a day. When your body is ready for more exercise, you can work out longer. Finally, exercise regularly to always keep your body fit and your mind happy.

C. _____

A good night's sleep is very important. Before you go to bed, avoid having coffee or energy drinks. Exercise can help you have a better sleep, but avoid exercising right before bedtime. Never use your mobile phone or laptop in bed and turn off all your electronic devices at least 30 minutes before you go to bed. Their screens give off blue light that can prevent you from sleeping well. Finally, if you still can't fall asleep, do something repetitive or listen to some soft music to relax before trying to sleep again.