

S32-1 Listening

1. Our unhealthy habits are exploding into
2. Because women suffer more from knee arthritis than men do
3. It's turns out only 11% of our health and well-being is actually related to medical care
4. What do we think the key to health is?
5. So we don't want to use it so that lowers our level of physical activity promoting weight gain in the obesity which then puts more pressure on the joint
6. We created an eighteen week community-based program for these women
7. That would support them on the journey towards better health
8. We gave them the tools and created the community
9. Isn't more medical education or access to care, although those things matter
10. Illness can be transformed into wellness when we move from I to we
11. Gives people the support they need to make healthy behaviour change
12. Most powerful force to shape the health of our nation isn't doctors like me or education
13. You could get everyone out for a stroll after dinner, do FaceTime with your best friend while you're taking a walk

S32-1 Vocabulary

behaviour	make	of	decrease	matters
keeps	susceptible	cause	hurts	joints

1. If you took better care ____ yourself, that wouldn't happen.
2. Nothing _____ you from achieving success.
3. Nothing else _____.
4. Brushing teeth before dinner doesn't _____ sense.
5. Some people are more _____ to peer pressure than others.
6. Lack of movement can _____ knee pain.
7. Sport can _____ our susceptibility to different diseases.
8. Movement will keep our _____ healthy.
9. Our personal _____ influences our health a lot.
10. My heel _____. I can't step on it.

32-1 Grammar

Translate into English.

1. А что если бы меня не было дома?

2. Даже если бы я знала что сказать, я бы не сказала.

3. Что если бы вы не имели ограничений?

4. Что если бы вы знали ответ?

5. Мы поедем, даже если погода будет плохой.

Speaking

1. What can be done to prevent health issues on a country level?
2. What do you personally do to take better care of yourself?
3. Why do you think preventive medicine is not so popular?