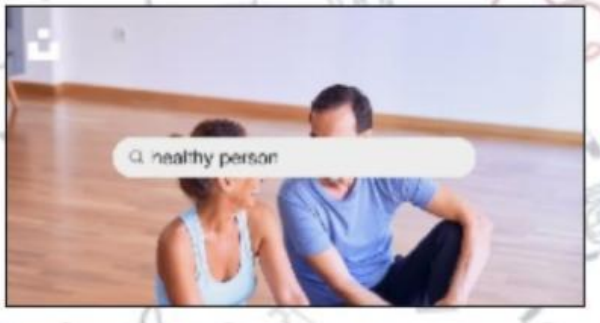
1) Brainstorm different ways you could stay healthy.

3) Sort the words into categories.

Nutrition	Sport and body shape
Mental health	Illnesses and conditions

2) Discuss the questions. Record yourself.



1. What do you personally do to stay healthy?
2. What do you think is the best thing to do from the list above to stay healthy?
3. What are you going to do this month for your health?

4) Match the idioms and pictures.

LIVEWORKSHEETS

5) Match the phrases and their definitions.

hit the gym	to be in excellent physical condition, to be very healthy
have a balanced diet	to be recovering from an illness or injury
cut on sugar	a statement from a doctor or healthcare professional that says you are healthy and have no medical problems
feel under the weather	to go to the gym and workout
a clean bill of health	to reduce the amount of sugar in your diet
be in good shape	to feel sick or unwell
be on the mend	to be physically fit and healthy
as fit as a fiddle	to eat a variety of foods that provide all the necessary nutrients in the right amounts for good health and well-being

6) Fill in the gaps with vocabulary that you've learned.

1. I _____ every morning before work to stay in shape.

2. It's important to _____ to ensure that you are getting all the nutrients your body needs.

3. I decided to _____ in my diet to reduce my risk of developing diabetes.

4. I've been feeling _____ lately, so I'm going to take a day off from work to rest.

5. The doctor gave me a _____ after my check-up, so I'm relieved that everything is okay.

6. My friend goes to the gym regularly and is _____ despite being in her 50s.

7. After a week of rest and medication, I am finally _____ from the flu.

8. Despite her age, my grandmother is _____ and can still keep up with her daily exercise routine.

7) Discuss the questions. Record yourself.

1. What are some ways to improve your nutrition?
2. What kinds of exercise do you enjoy? What kinds of exercise do you hate? Why?
3. Have you ever **felt under the weather**?
4. What are some ways to **hit the gym** regularly?

LIVEWORKSHEETS

8) Giving health advice.

Your friend wants to lose weight but doesn't know where to start. Give him advice using the new vocabulary and idioms learned in the lesson, such as "**take up a sport**," "**to be in good shape**," and "**a clean bill of health**." Explain your reasoning for the advice you give, and offer specific suggestions for healthy habits your friend can adopt.

LIVEWORKSHEETS