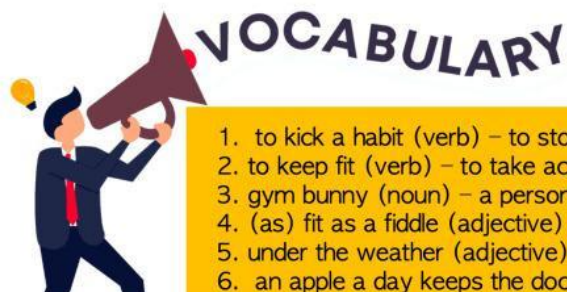


What is more important, a healthy mind or a healthy body?

## HEALTH & WELL-BEING



### VOCABULARY

1. to kick a habit (verb) – to stop doing something negative or harmful,
2. to keep fit (verb) – to take actions to stay in good health.
3. gym bunny (noun) – a person who spends a lot of time in the gym,
4. (as) fit as a fiddle (adjective) – to be in good health.
5. under the weather (adjective) – to feel unwell.
6. an apple a day keeps the doctor away (saying) – eating apples is good for your health.

1. I don't think I'm going to be able to come into work today; I'm feeling a bit \_\_\_\_\_.
2. He's a real \_\_\_\_\_; he's there every day lifting heavy weights.
3. Despite being 35 years old, Ronaldo is still \_\_\_\_\_.
4. My grandma always gave us fruit when we visited her; she always said \_\_\_\_\_.
5. Smoking is terrible for your health. You really need to \_\_\_\_\_ that \_\_\_\_\_.
6. The best way to \_\_\_\_\_ is to do plenty of exercise and eat a balanced diet.

## Use your own ideas to complete the contrasting sentences.

1. .... he's been really ill lately, he insists on going into work.  
Even though / Even if
2. I'll never forget you, ..... I live to be 100.  
Even though Even if
3. We decided to go to Italy for our holiday, ..... it meant we needed to get our passports renewed.  
despite although
4. She decided to travel by plane ..... being very scared of flying.  
in spite of though
5. I'm not going out tonight. ...., I can see you tomorrow if you like.  
Although However
6. .... the car was quite old, it was still very reliable.  
Despite Although
7. She went out ..... the rain  
Despite Although
8. ....she didn't like it, I enjoyed it a lot.  
Although However
9. I was late. \_\_\_\_\_, the others were

## Use your own ideas to complete the contrasting sentences.

1. Even though \_\_\_\_\_.
2. Despite \_\_\_\_\_.
3. Although I tried \_\_\_\_\_, \_\_\_\_\_.
4. \_\_\_\_\_. Even so, \_\_\_\_\_.
5. \_\_\_\_\_, however \_\_\_\_\_.
6. \_\_\_\_\_. \_\_\_\_\_, though.
7. Try as I might, \_\_\_\_\_.
8. Strange as it may seem, \_\_\_\_\_.

