



ELLLO 1530 - Taking Care of Physical Health

Tahia: So I've been really worried about my physical health _____ [lately/later/late] and think that I need to have a far better _____ [routines/routinely/routine] . What do you think are the most important things that I should do to have good _____ [physically/physics/physical] health?

Christian: That's a great question. I think it's a combination of things. You need to make sure that you're eating _____ [healthily/health/healthiness/] . That means lots of fruits and vegetables, no junk food like fried food, and no _____ [sugars/sugary/sugar] foods like cookies and chocolates. You can treat yourself here and there of course, but don't make it part of your routine. And I also think that _____ [exercising/exercise/exercises] is very, very important.

Tahia: How do you exercise and how often do you exercise?

Christian: I exercise by going to the gym, which is _____ [when/where/what/] I run on the treadmill and lift weights to tone and grow my _____ [muscle/muscles/muscular] , which is super important to me. Usually I work out for around one hour each time and try to go at least five times a week. How about you? What's your favorite way to exercise?

Tahia: I do like going to the gym, but I enjoy it best _____ [when/why/where/] I mix it with going to classes like Zumba and Pilates classes. It's a great _____ [mixed/mixing/mix] and it means that I don't get bored. Another thing that I'm trying to do as well as exercising is _____ [drink/drinking/drinks/] way more water. It helps to keep you more _____ [energize/energetic/energy/] , helps your skin be clearer, and _____ [generic/general/generally] helps your health in a lot of ways. How much water do you drink in a day?

Christian: Let me think. Usually I aim for two and a half liters of water a _____ [daily/days/day] , and I like adding lemons and strawberries to my water to make drinking more _____ [excitement/exciting/excited] . Because, you know, drinking only water every day can get a little bit boring. One thing that I'm _____ [working/worked/work] on right now is having a very healthy sleep routine. Right now, I'm only sleeping for _____ [above/around/aloud] four hours a night and it's been making me feel very tired _____ [thoroughly/thorough/throughout] the day. What about you? How many hours do you _____ [sleeping/sleep/slept] ?

Tahia: I try to sleep for about eight hours, but sometimes it's _____ [long/longing/longer/] and sometimes it's shorter. The key is to sleep at the same time every night and wake up at the same time _____ [each/every/ever] morning so that you can build a routine. But

you brought up an _____ [interested/interesting/interest] point about feeling tired _____ [thoroughly/throughout/through/] the day. That's definitely something that I'm _____ [struggling/struggled/struggles] with. I feel like my energy levels are low all the time and I'm not sure what to do to help boost my energy. Do you have any tips for that?

Christian: Yeah. Do you drink coffee _____ [at/in/on] the morning?

Tahia: I do. Actually, I _____ [thought/thinking/think/] I drink about three cups of coffee a day.

Christian: Wow. That's a lot, but I do know _____ [something/someone/some] people that can drink up to seven cups of coffee a day. So I don't know what to tell you. I don't know if it's a good or a bad thing that you drink so much coffee, but maybe you should try not drinking coffee for a week and see if your energy levels _____ [improve/improving/improvement]. Do you think that's something that you could do?

Tahia: I did read in a study once that drinking coffee _____ [gave/gives/given] you a lot of caffeine, which can make you feel like you have a lot of energy at the time, but really _____ [interrupting/interrupts/interrupted] with your sleep schedule. So for example, if you drink coffee at 6:00 PM, you'll _____ [struggle/struggles/struggling] to sleep. And maybe that's the reason why you don't actually get enough sleep. Do you drink a lot of coffee too?

Christian: Yeah. Not too much. Sometimes I'll drink one cup on _____ [another/an/other/] day, I'll drink two cups. Sometimes I can even drink five cups if I have a lot of things to do that day. But my _____ [energetic/energize/energy] levels don't change too much when I drink coffee. I think I'm just so used to it now that it just doesn't _____ [impacted/impact/impactful] me that much, which is probably not a good thing. What do you think?

Tahia: I don't think that's a good thing at all. I think as _____ [wall/well/will] as coffee, energy drinks is a problem. Yeah, sure, you might get energy in the moment, but it can really _____ [affect/effect/effective] the quality of your sleep, not just the quantity. So that's _____ [definition/definitely/definite] something that I think you should work _____ [up/in/on].

Christian: Yeah. I think we should both stop drinking coffee for a little while and see how _____ [it/we/they] affects us.

