

5

Healthy body, healthy mind

Reading

- 1 What do you think the secret to a long life is?
Read the article and check your ideas.
- 2 Read the article and choose the correct option.
 - 1 According to the article, the secret to a long life:
 - is known in many cultures.
 - is probably to retire early.
 - may be to keep on working.
 - 2 Andrew's first job:
 - led to him becoming an actor.
 - was completely different to his later career.
 - was his happiest time.
 - 3 Andrew infers that he's still working because:
 - he loves performing.
 - his health is good.
 - tea is good for him.
 - 4 Arthur infers that his old age:
 - is due to all the changes that he has seen.
 - is thanks to his genes.
 - is unusual in his family.
 - 5 Graciela:
 - had her books published by her employer.
 - has always written about her life.
 - was able to write poetry because of her work.
 - 6 Graciela's:
 - diary will be published soon.
 - friends caused her life to be hard.
 - old age has been better than her youth.

- 3 Read the last paragraph of the article again. Which parts of the experts' comments are linked to what the three people say?

- 1 Andrew: _____ and _____
- 2 Arthur: _____ and _____ and _____
- 3 Graciela: _____ and _____

Live long, live happy, live healthy!

Sláinte! Santé! There's probably a toast to life and health in every culture in the world. But what's the secret? Some say the trick is never to retire from work.

5 Name: Andrew

Age: 91

Job: actor, UK and USA

Background: After a few years in his early twenties as a boat builder, Andrew became an actor. Andrew moved from TV work in the UK to Hollywood movies in his thirties. He has appeared in hundreds of films, but never as the main star, in a 50-year career.

What he says: I am passionate about what I do. Being in front of a camera makes me feel alive. I make sure my roles are quite small, though – I've heard that gentle activity, not too intense, is better for you. Being English, I have great faith in tea, of course. I drink it all day long! I think I owe my career to being an Englishman in Hollywood.



6 Name: Arthur

Age: 87

Job: farmer, France

Background: Following a career in the military, Arthur returned to his family's farm in the Pyrenees. His daily routine begins at 6 a.m. and continues until early evening. As well as keeping cows, he has recently started bee-keeping.

What he says: Everyone in my family has made it to their 80s at least. We have good genes! All the farming families around here are like mine – strong and long-lived. Some things change: I now have a quad bike to help me get around! But I still sleep in the bedroom I was born in. I feel a deep connection to this place.

50 Name: Graciela

Age: 101

Job: writer, Chile

Background: Graciela worked in the same public library all her life. At the same time, she always wrote poetry and kept a diary of her life. She published her first book at the age of 82 and is currently working on a new collection of poems.

What she says: Life is so much easier now than when we were young. I look back on those many, many years when things were hard, when we often had little food. But I read that in fact, not eating enough to fill your stomach is better for you! These days, food doesn't interest me, but friends ...

70 I think my dear friends keep me going.



What the experts say: Interestingly, our genes have a smaller effect on long life than you might think. Studies show that diet is important. There's a community in Japan where the tradition was to stop eating before your stomach felt full and this slows down ageing. Tea and coffee have the same effect. Another important consideration is exercise, which can be linked to the place you live in and also how hard you work. But just as important as diet and activity is a sense of community and a strong social life. All of these factors can lead to a longer and healthier life.

- 4 Read the following pairs of events. Look again at the interviews and say if the events are linked by cause or correlation. Underline any sections of the article that help you decide.

- 1 Andrew's movie career is still going. Andrew is English.
- 2 Graciela worked in a library. She wrote poetry.
- 3 Arthur has problems moving around. He has a quad bike.

Grammar

Conditionals

1 Choose the correct ending (a–f) to complete the zero and first conditional sentences (1–6).

1 If people want to get fit,	a if I start training today?
2 If I don't wear expensive trainers,	b if they exercise with friends.
3 It's easier for people to stay motivated	c they don't reach their targets.
4 If people are too ambitious,	d will I hurt my feet?
5 Will I be ready to run 5 kilometres next month	e unless you do it too.
6 I won't sign up for the fun run	f they have to make an effort.

3 Complete the exchanges with the correct second and third conditional patterns.

1 A: I tried the new gym last night. They had a free session for new customers.
B: Yeah, I would have come with you if you _____ (tell) me about it.

2 A: I need to be more active, but I don't know where to start.
B: Yes, it would be much easier if we _____ (have) a gym nearby.

3 A: _____ you _____ (use) a personal trainer if you could afford one?
B: Yes, probably. There are lots of things I would do if I _____ (have) the money!

4 A: I took my friend to the gym to circuit training and she hated it!
B: She _____ (enjoy) it more if she'd gone to the yoga class.

2 Complete the zero (0) and first (1) conditional sentences with the correct form of the verb.

- If you _____ (download) this fitness app, your phone _____ (count) your steps every day. (1)
- You _____ (feel) fitter if you _____ (take) 10,000 steps a day. (1)
- If you _____ (use) step counting apps, they _____ (help) you stay active. (0)
- You _____ (can) monitor your progress unless the app _____ (be) installed properly. (1)
- If you _____ (place) your fingertip over the camera, it _____ (measure) your heart rate. (0)
- Your phone _____ (tell) you when to exercise unless you _____ (set up) reminders on the app. (0)

4 Use the information to write sentences with third conditional. Begin each sentence with if.

- I wasn't very interested in sport at school because we never did any.
If we'd done sport at school, I would have been more interested in it.
- We didn't go on the sponsored hike because we weren't fit enough.
- My brother didn't use the gym, so he didn't renew his membership.
- My friend bought a bike after the Tour de France went through her village.
- I told my friends I was unhappy and I felt better afterwards.
- There was a sale at the sports shop, so I bought lots of new sports clothes.

5 Choose the correct option to complete the article on diet and health.

The link between diet and mental health is a much-studied area. Clearly, ¹_____ mental health conditions could be treated easily with changes to diet, millions of people's lives ²_____. Many studies have shown that links exist, but scientists won't be able to show that there is a cause-effect relationship ³_____. more studies are done. Some experts have shown that when people ⁴_____ healthier food, their mental health is better. A short-term investigation into the Mediterranean diet showed that people would have suffered more from depression if they ⁵_____ that healthy diet. The link between food and physical health is clear. If we eat enough vitamins, we ⁶_____ healthier. And it seems that eating plenty of fruit and vegetables is linked to good mental health too. We are what we eat!

- 1 a because b if c so d unless
- 2 a improve b improved c had improved d would improve
- 3 a because b if c so d unless
- 4 a eat b don't eat c hadn't eaten d would eat
- 5 a don't follow b didn't follow c hadn't followed d wouldn't have followed
- 6 a don't stay b stay c stayed d wouldn't have stayed

Pronunciation

Understanding elision in connected speech

1 5.1 Listen and complete the sentences.

1 _____ asked you to come if I'd known you were free.

2 _____ had more fun if she'd gone with friends.

3 If you'd worn boots, you _____ hurt your feet.

4 He _____ been late if he'd checked the time.

Vocabulary

Mental and physical health

1 Match the expressions (1–12) with the correct definitions (a–l).

1 anxiety	a a feeling of being nervous and very worried
2 at risk of	b a medical condition associated with feeling hopeless and very unhappy
3 burn-out	c exhaustion from too much work
4 call in sick	
5 come down with	

6 cope with	d feel sad about your situation
7 depression	e get an illness (not a serious illness)
8 feel sorry for yourself	f in danger of
9 get over	g keep fit
10 stay in shape	h manage or deal with
11 symptoms	i recover from a short illness
12 take a nap	j signs and indicators of an illness
	k sleep for a short amount of time
	l telephone to say you cannot work because of illness

2 Complete the sentences with seven expressions from Exercise 1. Change the verb form where necessary.

- I love to _____ in the middle of the day – I feel so rested afterwards.
- It's the flu season, but amazingly none of our employees _____ this week.
- The _____ of colds and of flu aren't exactly the same. With flu you get a fever and your whole body aches.
- I never get ill and I think it's because I try hard to _____.
- _____ and _____ are often linked in people who feel they are under a lot of stress.
- When I get a cold I usually _____ it in a few days and feel fine again.

3 Complete the paragraph about being a teacher with five expressions from Exercise 1.

As a primary school teacher my typical day is very active, which helps me to ¹_____. Being around kids all the time, I'm ²_____ getting whatever illnesses they have, especially in the winter. But luckily, I don't often ³_____ anything. I like being in the classroom and so I wouldn't like to be a head teacher. I'm not sure how I would ⁴_____ the extra responsibility. It's true that by the end of the school year, some teachers are close to ⁵_____ and really need the long summer break. But we always come back full of energy and enthusiasm.

Listening

3  5.2 Read the sentences. Then listen to the radio show again and say if the information is true (T), false (F) or not given (N).

- Few outdoor jobs involve getting cold and wet.

- Working near the seaside usually cures depression.

- Forestry careers always require a degree.

- All jobs carry some risks for the worker.

Focus on

I wish ... and If only ...

1 Complete the exchanges with the correct verb form.

- Are you doing OK in your new job?

Yes, but I wish they _____ (give) us more training at the beginning.

- There's hardly any space between our desks here.

I know. I wish we _____ (have) a bigger office.

- Do you wish you _____ (work) outside?

No, I _____. Not on cold and rainy days.

- Does your friend wish he _____ (can) speak Arabic?

No, he _____, really. He can use English most of the time at work.

- Your friend works with animals, doesn't she?

No, she doesn't. Actually she wishes she _____ (train) as a vet.

- Do you wish you _____ (take) that job?

Yes, I _____. I made the wrong decision.

2 Read the situations. Then complete each person's comments with one of these verbs in the correct form.

Amar is looking for a job but doesn't have many qualifications.

be do not / be

- 1 'If only I _____ better at school.'
- 2 'If only there _____ so many people for each vacancy.'
- 3 'If only jobs _____ easier to find.'

Michel is unhappy with his job in a supermarket.

not / be not / expect not / pay

- 4 'If only they _____ so badly.'
- 5 'If only they _____ us to work overtime.'
- 6 'If only the new computer system _____ so complicated.'

Eloise dropped a heavy box on her foot although her boss had told her not to move it.

listen not / be not / hurt

- 7 'If only it _____ so much.'
- 8 'If only I _____ to your advice.'
- 9 'If only the box _____ full of books.'

3 Complete the news item on regrets with the correct form of the verbs. There is one extra verb.

be follow get along live
spend take not / worry

A large insurance company did a survey of people in their eighties, asking them if they had any regrets when they looked back at their lives. Among the most common responses were 'I wish I ¹_____ about things so much' and 'I wish I ²_____

better with people in my family'. Quite a lot of men wished they ³_____ more communicative with their wives and children and both men and women often said, 'I wish I ⁴_____ my passion'. When talking about their careers, many said, 'I wish I ⁵_____ more risks'. One regret, however, that wasn't frequently heard was 'I wish I ⁶_____ more time at work'!

Pronunciation

Making vowels longer before voiced consonants

1  53 Listen and underline the word you hear.

1 lock / log	4 life / live
2 hit / hid	5 block / blog
3 set / said	6 back / bag

Writing

2 Look at the notes (a-f) for an essay about promoting cycling in towns and cities. Organize them in a logical sequence for the essay (1-6). There is more than one possible sequence.

- air pollution affects cyclists more than other people _____
- bikes don't pollute the environment _____
- cycling is good for people's health _____
- people live a long way from their work _____
- residents need to be involved _____
- there's been discussion of bikes v cars _____