

UNIT 1 – LESSON 2.1

LISTEN AND FILL IN THE GAPS.

Host: Welcome to another episode of healthiness. Today, I'm joined by Dr. Dorothy Allen. She's here to discuss her new book "Forever young".

Dr. Dorothy Allen: Thanks for having me.

Host: Let's get to it. My listeners want to know what they can do to have a healthier life.

Dr. Dorothy Allen: I think the most (1)_____ thing is to get enough sleep?

Host: How much (2)_____ do you think people need?

Dr. Dorothy Allen: In my opinion, you need to give yourself (3)_____ to (4)_____ hours in bed each night and research supports that.

Host: My teenage son always wants to (5)_____ (6)_____ on the weekends and I try not to let him get too much sleep. Do teens need more sleep?

Dr. Dorothy Allen: Especially important for teenagers because their brains and bodies are developing. Early (7)_____ sleep helps us prepare our mind which helps us manage our feelings and (8)_____ getting too stressed.

Host: Wow. How about (9)_____?

Dr. Dorothy Allen: It's a mix of (10)_____ and exercise. You need to make sure you eat enough (11)_____ and vegetables to have a balanced diet and avoid eating too much added (12)_____.

Host: And exercise?

Dr. Dorothy Allen: I believe you need to decide if you want to focus on lifting weights or improving your heart (13)_____. Spend three days a week on the one you want to focus on and two days on the other then give yourself two days to (14)_____ (15)_____ and keep a healthy social life.

Host: Can you tell our listeners more?