

READING

1 **BEFORE YOU READ** Look at the title. What do you think the reading is about?

Are you a **stressed-out** student?

You can beat it with our **FIVE-POINT ACTION PLAN!**

1

Some people are OK with three or four hours of sleep a night, but most people aren't. You should try to sleep eight hours a night. If you can't, then take a nap in the afternoon. Sleeping too long isn't good, either. **Sleep in** on the weekend, but you shouldn't stay in bed all day!

2

Students often gain weight because they eat a lot of **junk food** and also because they eat late at night. Bad idea! You should try to eat your evening meal early and have healthy snacks, like fruit. You should also try to drink a liter of water a day—at least—and **avoid** soda. Finally, don't skip breakfast. It's the most important meal of the day! You don't have to eat a big breakfast, but you should eat something.

3

Sometimes you have to stop what you're doing. **Take a break**. Turn off the TV or computer, walk around the room, and breathe deeply. You should do this several times a day. And once a week, take a walk in a park or in the woods. Look at the trees and smell the flowers!

4

Walk as much as you can. Walking is the best way to **stay in shape**. Or get a bicycle, but remember that riding a bike can be dangerous. You should always wear a helmet and bright clothes. Never ride without them!

5

Do you have a gym nearby? You should use it. You don't have to exercise every day, but you should do some aerobic activity three to five times a week. Thirty minutes a day is enough. Remember: you can review for a test and jog on a **treadmill** at the same time.



2 Read the text. Choose the best title for each section. Which one can't you use?

- | | | |
|-----------------|-----------------|------------------------|
| a. Get exercise | c. Do yoga | e. Stop and get away |
| b. Walk or bike | d. Sleep or nap | f. Eat and drink right |

LISTENING

1 BEFORE YOU LISTEN Look at these activities. How can they keep you healthy? 



meditation



table tennis



tai chi

2 Listen to people talking about their lifestyles. Choose (✓) *True* or *False*.

1. Brian works with computers.
2. He walks to work every day.
3. He only eats pizza.
4. Erin doesn't enjoy her work.
5. She does tai chi to relax.
6. She usually cooks at home.

True	False
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐



3 Listen again and complete the advice. Who is the advice for? Write *B* (Brian), *E* (Erin), or *BO* (both).

1. You should get some exercise. B
2. You drive everywhere.
3. You eat so much fast food.
4. You cook fresh food.
5. You drink so much soda.

4 Listening PLUS. Listen to more of Brian and Erin. Choose the correct answer.

- | | |
|--|---|
| 1. Erin wants to talk to Brian because ____. | 4. Brian's idea of exercise is ____. |
| ☐ a. she thinks she knows him | ☐ a. walking to his car |
| ☐ b. she saw him earlier | ☐ b. driving to the gym |
| 2. Erin is drinking something and Brian ____. | 5. Erin thinks that Brian should ____. |
| ☐ a. wants to try it | ☐ a. walk to the gym every day |
| ☐ b. doesn't like it | ☐ b. walk to the gym sometimes |
| 3. Erin and Brian ____. | 6. Erin and Brian want to ____. |
| ☐ a. both drink a lot of soda | ☐ a. change their lifestyles |
| ☐ b. are both drinking coffee | ☐ b. change their lifestyles immediately |