

DO ONE THING TO GET FIT AND HEALTHY!

Health and fitness expert Dr Michael Mosley has a new book on the market. It is called 'Just One Thing'. In this book, he says you can get fit and healthy without making many changes. He says you have to do only one thing a day to improve. Here is some of his advice. One easy exercise you can do is to stand on one leg and balance for as long as you can. Go on, try it now! Then swap legs. Next, do the same thing, but - close your eyes! When you go for a walk, walk faster, really feel your heart beating. Always walk up and down stairs, never take the lift or the escalator. Have your breakfast later. It is better if you go for a walk before your breakfast. As you prepare your breakfast, dance to music. Do not eat late at night. The longer your daily fast, the better. Eating only within an eight-hour window is best, but a twelve hour fast is also good. There are many 'super foods', including beetroot. Beetroot is excellent for all-round health. Make your shopping trip into an exercise! You can lift your shopping bags up and down like weights. This will make your muscles stronger. By making small changes to our lifestyle, we can get fitter and healthier.



Say if the statements are true or false and then answer the questions in full sentences:

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|---|--|
| 1. Dr Michael Mosley is an expert. t/f | 1. Who has a new book out? _____ |
| 2. He has a new book out. t/f | 2. What is an easy exercise you can do? _____ |
| 3. He says you must do many things to improve your health. t/f | 3. How can you make your breakfast a healthy experience? _____ |
| 4. Standing on one leg is a bad idea. t/f | 4. When should you eat? _____ |
| 5. You should always take the lift. t/f | 5. How can you turn your shopping into an exercise? _____ |
| 6. You should go for a walk after breakfast. t/f | _____ |
| 7. You should eat every two hours. t/f | |
| 8. You must ask someone else to carry your shopping. t/f | |

Flo is having a healthy breakfast! Have a look and say if the statements are TRUE or FALSE:



1. She is in her bedroom. **t/f**
2. It is 6:30 in the evening. **t/f**
3. She is drinking a smoothie through a straw. **t/f**
4. There is a plate of eggs on the table. **t/f**
5. The coffee pot is under the clock. **t/f**
6. There is a bowl of beetroot by the window. **t/f**
7. She has an Alexa machine. **t/f**
8. It's a cold, rainy morning. **t/f**
9. She is dancing to the music. **t/f**

What small changes could YOU make to YOUR routine to get fitter and healthier?