Unit 7.1.2

Healthy Lifestyles and Practices

Instructions: Read the story and highlight the protective and risk factors present.

In a quiet village nestled between hills and fields, lived two lifelong friends: Sofia and Martin. Despite growing up together, their approaches to life and well-being were very different.

Sofia, a thirty-five-year-old woman, was known in the village for promoting her physical, mental, and social health. From an early age, she had been raised in a family where physical activity, healthy eating, and positive relationships were encouraged. Every morning before starting her day, Sofia would spend some time doing yoga and meditation exercises, which provided her with calm and mental clarity to face any challenge. In addition, she enjoyed a balanced diet, rich in fruits, vegetables and natural foods grown in her small organic garden. Sofia greatly valued the time she spent with her friends and family, with strong relationships and mutual support during difficult times.

On the other hand, Martin, her lifelong friend, had a completely different perspective on life and wellness. At forty years old, Martín had a life of inactivity and bad habits. He spent most of his free

LIVEWORKSHEETS

time watching television and consuming junk foods and high in fats and sugars. Often, he found himself with a lot of stress and worries, and he didn't know how to manage his emotions in a healthy way. Despite having friends and family willing to support him, Martin felt increasingly alone, sad, and unwilling to make positive changes in his life.

One day, at a community fair in the village, they offered activities that promoted well-being. Sofia, enthusiastic about the fair, decided to attend and encouraged Martin to accompany her, hoping that he could find inspiration to improve his quality of life.

At first, Martin showed little interest in the fair, but with Sofia's encouragement, he began to explore the different activities and talks on offer. He listened carefully about the importance of a balanced diet, physical activity, and mental health care.

Meanwhile, Sofia shared her enthusiasm and knowledge with other attendees, encouraging them to adopt healthy habits and strengthen their social relationships. Her positivity and commitment inspired many, including Martin, who began to see the value in making positive changes in his life.

At the end of the day, as they walked home, Martin expressed his gratitude to Sofia for

LIVEWORKSHEETS

encouraging him to attend the fair, as he now felt motivated to make positive changes. He decided to start eating a healthier diet, exercising regularly, and strengthening his social relationships.

Sofia smiled, knowing that her friend had found the motivation to have holistic health.

A. Write the protective factors of the story:

B. Write the factors of the story:

C. Explain the consequences of the risk factors.

LIVEWORKSHEETS