

## Health and fitness

Collocations: verbs and nouns

Which words go together ? some of the words can go with more than one verb from column 1

1) keep	a) exercise
2) go on	b) a diet
3) suffer	c) an illness
4) have	d) an arm
5) take	e) an operation
6) cure	f) a temperature
7) treat	g) fit
8) break	h) a check - up

To keep fit ( to be in a good physical state) – To go on a diet ( to start a diet) –To keep a diet ( to follow it )- To suffer from an illness- To have an operation- To have a temperature- The doctor takes your temperature - To take exercise ( to exercise- to do physical exercises ) – To cure an illness –To treat an illness- To have a check up ( hacerse una revisión médica : I went to the doctor for a check up / to have a check up ) – To break an arm

Use ONLY one word in each space

Attention !!! “If I go to a doctor...” ( It is likely/possible ) – “If I went to a doctor ” ( The possibility is more remote, more unlikely. “ Si yo fuera” in Spanish.

The condition of our bodies is something we all know is important. (1) \_\_\_\_\_ fit is something (2) \_\_\_\_\_ most of us try to do and going (3) \_\_\_\_\_ a diet is easy enough when we become overweight. It is also important to (4) \_\_\_\_\_ regular check-ups , especially if you (5) \_\_\_\_\_ a lot of exercise. However, we all occasionally suffer (6) \_\_\_\_\_ an illness, and visit the doctor. He will probably 7) \_\_\_\_\_ your temperature and will prescribe pills to 8) \_\_\_\_\_ the problem. But what if you 9) \_\_\_\_\_ to a doctor and he then began to stick steel needles into your skin ? I think most of us would consider this a very painful way to 10) \_\_\_\_\_ cured.

However, acupuncture is used to 11) \_\_\_\_\_ many illnesses and often cures back pains and headaches. People who have 12) \_\_\_\_\_ an arm or a leg can get relief from pain with this type of alternative medicine and many people have 13) \_\_\_\_\_ operations without anaesthetic. It is an **ancient** Chinese practice 14) \_\_\_\_\_ it has been used **for centuries** . It involves putting needles into the skin, which release certain chemicals into your body. It is safe and has no side-effects, although in the West, it is not considered the normal way to 15) \_\_\_\_\_ illnesses. The Chinese say that it is better than Western medical practise.

Attention !!! Inferring meaning from the context : Most of the time the text explains the meaning of a word. For example “ancient” is explained by “ for centuries ”



A backache



a sore throat



needles

On a separate sheet of paper write about : Me and my health.

Are you healthy ? What do you do to be healthy ? Do you ever have check ups ? Would you go to an accupuncturist , if you had a problem ?