writeback health advice

6 A Read the problem below and answer the questions.

1 What health problems does Ahmed have?
2 Why is he writing?

I'm worried about my health. Every winter I get sick. I get a cough or a sore throat and sometimes I have a high temperature. I also get really bad headaches. Generally, I try to live healthily. I don't eat much junk food, and I exercise at least once a week. The problem is, I have a stressful job and I never sleep for more than six hours. Winter is coming and I don't want to spend it lying in bed and taking antibiotics. I've heard it's a good idea to monitor my food and exercise, but I'm not sure about this. What can I do?

Ahmed al Muntari

Hi Ahmed, Sorry to hear you have health problems during the winter. That sounds tough! I have a few ideas that might help you. Firstly, …

B Complete the blog post replying to Ahmed. Try to include advice about some of the following: diet, sleep, exercise, using apps to monitor your health.

LIVEWORKSHEETS