

## Laughter Forum



Dan1965

I am looking for a way to reduce the stress in my life. I've heard that laughter yoga can help. Is that true?



Dr. Pam

Yes, it is! Laughter can change your life. When we laugh, our bodies change. We use muscles in our face and in our whole body. We breathe faster. This sends more oxygen<sup>1</sup> to all parts of our bodies. It even burns calories!

Laughter is like exercise. M. Buchowsky, a researcher from Vanderbilt University, measured the calories people burn while laughing. He found out that 10-15 minutes of laughter burns 50 calories. Some people even say that laughing hard feels like a workout at the gym. But don't count on laughing to make you thin. It would take more than 24 hours of laughter to lose one kilo!

Laughter has many health benefits. When we laugh, our brain makes chemicals that make us feel good. These chemicals relax the whole body, reduce stress and help us forget pain. For example, after a good laugh, your muscles are relaxed for up to 45 minutes.

Laughter also helps the body fight diseases and is good for the heart. It can help prevent a heart attack<sup>2</sup> and other heart problems. You may also live longer. A great sense of humor can add up to eight years to your life! What's my advice? Stay healthy. Eat the right food, exercise and "take a dose" of laughter several times a day.

<sup>1</sup>mind / عقل

psychologist / عالم النفس

oxygen / أكسجين

heart attack / نوبة قلبية

dose / جرعة, حصة

## ANSWER THE QUESTIONS:

1. Who wrote to Dr. Pam for advice? Why?

2. How does our body change when we laugh? Give two ways.

3. What did the researcher at Vanderbilt University find out?

4. What is the main idea of paragraph three (lines 13-16)?

5. Complete the sentences.

a. Laughter isn't a useful way to diet because

b. Laughter reduces stress and pain because

c. Laughter is good for you. But to be healthier, you also need to

, and



6. Why did many of the teenagers in the laughter yoga class feel silly and embarrassed?

7. Compare laughter yoga to regular exercise.

a. How are they the same?

b. How are they different?

Questions 6 and 7 are from the first article we read.

Hope you do well. If you need help I'm here...



GO FOR IT !



Good Luck !