

LESSONS 3 and 4

16 Read the letters to a health magazine advice column.

Dear In-Shape,

I have two health questions for you. I'm an athlete. I play baseball for my university team, and I go running every day. I exercise all the time. I think I'm in terrific shape, but I'm worried that I exercise too much. That's my first question—how much exercise is too much?

My second question is about my diet. I try to eat healthy. I hardly ever eat pizza, fast food, or other snacks. I never drink soft drinks. But I have one really bad habit: I have a sweet tooth! I eat too much chocolate, candy, cake, and ice cream. How can I cut down on sweets?

—Ron Miller



Dear In-Shape,

I need some exercise advice! I don't feel very healthy. I get tired just walking from my house to my car! My doctor said that I have to exercise more. I'm sure that she's right. I should get out of the house more often. My husband goes running every day, but I never go running with him. I'm a couch potato. My big activity is watching movies—I watch a movie just about every night. Unfortunately, you don't burn many calories watching TV!

By the way, the problem is not my diet. I generally try to eat foods that are good for me, like fish, vegetables, and fruit. I avoid snacks, and I almost never eat sweets!

—Nina Hunter



Now read the letters on page 55 again. Complete the chart about Ron's and Nina's diet and exercise habits. Check the boxes.

	Ron Miller	Nina Hunter
is in shape	☐	☐
is out of shape	☐	☐
eats junk food	☐	☐
avoids sweets	☐	☐
is crazy about sweets	☐	☐

17 Read the sentences about Ron and Nina. Check true, false, or no information.

	true	false	no information
1. Ron doesn't have time to exercise.	☐	☐	☐
2. Ron generally avoids junk food.	☐	☐	☐
3. Ron usually drinks a lot of water.	☐	☐	☐
4. Nina never eats fish.	☐	☐	☐
5. Nina doesn't exercise regularly.	☐	☐	☐
6. Nina doesn't eat healthy foods.	☐	☐	☐

18 Are you in shape? Do you have a healthy diet? Explain your answers.

I don't have a healthy diet. I almost never eat vegetables...