

## UNIT 1 – LESSON 2.1

### LISTEN AND FILL IN THE GAPS.

**Host:** Welcome to another episode of healthiness. Today, I'm joined by Dr. Dorothy Allen. She's here to discuss her new book "Forever young".

**Dr. Dorothy Allen:** Thanks for having me.

**Host:** Let's get to it. My listeners want to know what they can do to have a healthier life.

**Dr. Dorothy Allen:** I think the most (1)\_\_\_\_\_ thing is to get enough sleep?

**Host:** How much (2)\_\_\_\_\_ do you think people need?

**Dr. Dorothy Allen:** In my opinion, you need to give yourself (3)\_\_\_\_\_ to (4)\_\_\_\_\_ hours in bed each night and research supports that.

**Host:** My teenage son always wants to (5)\_\_\_\_\_ (6)\_\_\_\_\_ on the weekends and I try not to let him get too much sleep. Do teens need more sleep?

**Dr. Dorothy Allen:** Especially important for teenagers because their brains and bodies are developing. Early (7)\_\_\_\_\_ sleep helps us prepare our mind which helps us manage our feelings and (8)\_\_\_\_\_ getting too stressed.

**Host:** Wow. How about (9)\_\_\_\_\_?

**Dr. Dorothy Allen:** It's a mix of (10)\_\_\_\_\_ and exercise. You need to make sure you eat enough (11)\_\_\_\_\_ and vegetables to have a balanced diet and avoid eating too much added (12)\_\_\_\_\_.

**Host:** And exercise?

**Dr. Dorothy Allen:** I believe you need to decide if you want to focus on lifting weights or improving your heart (13)\_\_\_\_\_. Spend three days a week on the one you want to focus on and two days on the other then give yourself two days to (14)\_\_\_\_\_ (15)\_\_\_\_\_ and keep a healthy social life.

**Host:** Can you tell our listeners more?