READING

1 **BEFORE YOU READ** Look at the title. What do you think the reading is about?

Are you a stressed-out student?

You can beat it with our FIVE-POINT ACTION PLAN!



1 _____

Some people are OK with three or four hours of sleep a night, but most people aren't. You should try to sleep eight hours a night. If you can't, then take a nap in the afternoon. Sleeping too long isn't good, either. **Sleep in** on the weekend, but you shouldn't stay in bed all day!

2 _____

Students often gain weight because they eat a lot of **junk food** and also because they eat late at night. Bad idea! You should try to eat your evening meal early and have healthy snacks, like fruit. You should also try to drink a liter of water a day—at least—and **avoid** soda. Finally, don't skip breakfast. It's the most important meal of the day! You don't have to eat a big breakfast, but you should eat something.

3 _____

Sometimes you have to stop what you're doing. **Take a break**. Turn off the TV or computer, walk around the room, and breathe deeply. You should do this several times a day. And once a week, take a walk in a park or in the woods. Look at the trees and smell the flowers!

4 _____

Walk as much as you can. Walking is the best way to **stay in shape**. Or get a bicycle, but remember that riding a bike can be dangerous. You should always wear a helmet and bright clothes. Never ride without them!

5 _____

Do you have a gym nearby? You should use it. You don't have to exercise every day, but you should do some aerobic activity three to five times a week. Thirty minutes a day is enough. Remember: you can review for a test and jog on a **treadmill** at the same time.

2 Read the text. Choose the best title for each section. Which one can't you use?

a. Get exercise
b. Walk or bike
c. Do yoga
d. Sleep or nap
e. Stop and get away
f. Eat and drink right

LIVEWORKSHEETS

LISTENING

1 **BEFORE YOU LISTEN** Look at these activities. How can they keep you healthy?



meditation



table tennis



tai chi

2 Listen to people talking about their lifestyles. Choose (✓) *True* or *False*.

	True	False
1. Brian works with computers.	☐	☐
2. He walks to work every day.	☐	☐
3. He only eats pizza.	☐	☐
4. Erin doesn't enjoy her work.	☐	☐
5. She does tai chi to relax.	☐	☐
6. She usually cooks at home.	☐	☐



3 Listen again and complete the advice. Who is the advice for? Write *B* (Brian), *E* (Erin), or *BO* (both).

1. You *should* get some exercise. *B*
2. You ☐ drive everywhere. ☐
3. You ☐ eat so much fast food. ☐
4. You ☐ cook fresh food. ☐
5. You ☐ drink so much soda. ☐

4 **Listening PLUS**. Listen to more of Brian and Erin. Choose the correct answer.

1. Erin wants to talk to Brian because ___.
   a. she thinks she knows him
   b. she saw him earlier
2. Erin is drinking something and Brian ___.
   a. wants to try it
   b. doesn't like it
3. Erin and Brian ___.
   a. both drink a lot of soda
   b. are both drinking coffee
4. Brian's idea of exercise is ___.
   a. walking to his car
   b. driving to the gym
5. Erin thinks that Brian should ___.
   a. walk to the gym every day
   b. walk to the gym sometimes
6. Erin and Brian want to ___.
   a. change their lifestyles
   b. change their lifestyles immediately

LIVEWORKSHEETS