B2+ Level Text: Holistic Health: Beyond Medical Care

For many years, healthcare systems primarily focused on treating illness rather than preventing it. The prevailing model was often reactive, springing into action only when symptoms appeared or diseases progressed. However, there is a growing global recognition that true well-being extends far beyond the confines of hospitals and clinics. A paradigm shift is currently underway, emphasizing a holistic approach that integrates medical intervention with proactive lifestyle choices.

This shift underscores the critical role of personal responsibility in maintaining health. While access to quality medical care remains fundamental, individuals are increasingly empowered to take charge of their own vitality through daily habits. Regular physical activity, for instance, is no longer merely an option but a cornerstone of preventative health. Studies consistently demonstrate its efficacy in reducing the risk of chronic diseases such as heart disease, diabetes, and certain cancers. Similarly, a balanced diet, rich in whole foods and low in processed ingredients, provides the essential nutrients needed for optimal bodily function and disease resistance.

Beyond the physical, mental and emotional well-being are gaining equal prominence. The stresses of modern life can have profound impacts on our health, manifesting as anxiety, depression, or even physical ailments. Practices like mindfulness, meditation, and adequate sleep are now widely acknowledged as crucial components of a healthy lifestyle. Furthermore, fostering strong social connections and engaging in activities that bring joy and purpose contribute significantly to overall contentment and resilience.

Governments and healthcare organizations are also adapting to this evolving understanding. Campaigns promoting public health, initiatives to improve access to healthy food options, and urban planning that encourages walking and cycling are becoming more prevalent. The aim is to create environments that facilitate healthy choices, making them not just possible, but the default. This comprehensive strategy, combining individual efforts with supportive societal structures, holds the promise of fostering healthier populations and, in the long run, alleviating the immense burden on traditional healthcare services. By embracing a proactive, holistic view of health, we can aspire to a future where wellness is a shared responsibility, not just a response to illness.

Part 1: Multiple Choice (Understanding the Text)

For each question, choose the best answer according to the text.

1. What was the primary focus of healthcare systems for many years?

LIVEWORKSHEETS

a) Preventing illness through lifestyle choices.

b) Treating existing diseases and symptoms.

c) Promoting mental and emotional well-being.

d) Integrating medical intervention with holistic approaches.

2. What does the text suggest about the role of personal responsibility in health?

a) It is less important than access to quality medical care.

b) Individuals are increasingly able to manage their own health.

c) It mainly involves reacting to symptoms.

d) It is primarily about relying on healthcare professionals.

3. According to the text, what is a key benefit of regular physical activity?

a) It solely focuses on mental well-being.

b) It can only prevent acute illnesses.

c) It reduces the risk of chronic diseases.

d) It is an optional part of health.

4. Which of the following is NOT mentioned as a crucial component of mental and emotional well-being?

a) Mindfulness

b) Adequate sleep

c) Professional medical treatment

d) Strong social connections

5. What is the ultimate aim of the comprehensive health strategy mentioned in the text?

a) To increase the burden on traditional healthcare services.

b) To replace all medical interventions with lifestyle choices.

c) To foster healthier populations and reduce healthcare strain.

d) To limit access to healthy food options.

Part 2: Vocabulary in Context

Match the words from the text (1-5) with their definitions (a-e).

1. prevailing

LIVEWORKSHEETS

2. efficacy
3. prominence
4. resilience
5. alleviating

Definitions:

a) the ability of a substance or method to produce a desired result

b) reducing the severity of something

c) the quality of being able to recover quickly from difficulties

d) existing at a particular time; current

e) the state of being important or famous

Part 3: Synonymous Language (Word Recognition in Text)

Complete each sentence with a synonym for the bolded word from the text. Use each word only once.

1. The company's new policy represents a **fundamental change** in its approach to customer service.

Synonym from text: _____

2. A lack of proper nutrition can have **significant** effects on a child's development.

Synonym from text: _____

3. The athlete showed great **toughness** after recovering from a serious injury.

Synonym from text: _____

4. There is a **common** belief that regular exercise is vital for good health.

Synonym from text: _____

5. His excellent public speaking skills ensure his **importance** in the debate.

Synonym from text: _____

6. Eating a diet rich in fruits and vegetables can improve your body's **ability to fight off illness.**

Synonym from text: _____

7. The **dominant** economic theory in the country is Keynesian economics.

Synonym from text: _____

LIVEWORKSHEETS

8. The aim of the new program is to **reduce the intensity of** poverty in rural areas.

Synonym from text: _____

9. Volunteering often contributes to an individual's sense of **liveliness and energy**.

Synonym from text: _____

LIVEWORKSHEETS