

Przeczytaj tekst. Dobierz właściwy nagłówek (A–F) do każdego fragmentu tekstu. Wpisz odpowiednią literę w miejsca (1–4). Uwaga: dwa nagłówki zostały podane dodatkowo i nie pasują do żadnego fragmentu.

- A Don't spread germs.
- B Use technology to improve your health.
- C Dieting alone won't make you healthier.
- D Prevention is better than cure.
- E Don't worry so much about your health.
- F Get advice from people you can trust.

READERS' HEALTH TIPS

1

The Internet is a mixture of useful and bizarre tips about health. You may misinterpret your symptoms online and the suggestions for cures may be useless or even dangerous. When it comes to your health, only listen to people who you are sure know what they are talking about.

2

Doctors are better trained than ever before. Advances in medicine make us all safer but visiting the doctor's or going to hospital is still an unpleasant experience. By changing your lifestyle and eating more healthily, you can greatly reduce your chances of getting ill.

3

Sometimes, to be kind to colleagues, you come to work when ill. You cough and sneeze all day and don't actually get much done. A week later, half of your colleagues are off sick, blaming you for their illness. Next time you feel ill, stay in bed. It's better for everyone.

4

When we see someone who is obese, we often think about heart attacks or strokes. However, losing weight may not improve your health. Experts agree that a stressed, slim person who does no exercise is more likely to be ill than a relaxed, overweight person who goes for a short walk every day.

