

A

A healthy heart

Our arteries circulate blood around the body and are essential to good health, but the blood flow can be **impeded**¹ by fatty **plaque**² that can **clog**³ them. The production of plaque is associated with high levels of **cholesterol**⁴ and clogged blood vessels can lead to a heart attack or a **stroke**⁵. Some foods, such as eggs and shellfish, while **nutritious**⁶, are also **cholesterol-rich**, but, if eaten in moderation, do not significantly raise cholesterol levels or **pose a danger**⁷. 'Bad cholesterol' is counteracted by **fibre**⁸ in our diet, and a **high-fibre** diet is often recommended by health experts. Fibre causes less fat to be absorbed by the blood vessels. Fibre-rich foods include fruit, vegetables, **lentils**⁹, **oatmeal**¹⁰, potatoes and wholemeal bread.

¹ slowed down or made difficult

² unwanted substance that forms on the surface of the arteries

³ cause something to become blocked

⁴ fatty substance found in the body tissue and blood of all animals

⁵ sudden change in the blood supply to the brain causing loss of function of part of the body

⁶ containing substances that your body needs to stay healthy (noun = **nutrition**)

⁷ cause a problem

⁸ substance in foods such as fruit, vegetables and brown bread, which travels through the body as waste

⁹ very small dried beans that are cooked and eaten

¹⁰ type of flour made from oats or a grain used to make **porridge** [a cooked breakfast cereal]

B

Exercise and calories

One of the most efficient forms of **cardiovascular**¹ exercise is running or fast walking, which have been proved to have a positive effect in reducing cholesterol levels. This type of exercise lowers your blood pressure and can help **diabetics**² too, by helping their **insulin**³ work more effectively. Running or jogging is also a great way to **burn calories**, and you don't have to be excessively **sporty**⁴ to do it. Based on a calculation of your body weight in relation to the time you devote to an activity, a person who weighs 63 kilos can burn 148 calories by jogging for 20 minutes. The same person doing half an hour of cycling at 25 kph could burn more than 330 calories. Exercise can also speed up your **metabolism**⁵, which helps you to burn calories more quickly. This can help to lower your **BMI**⁶ to a healthy level. If you're **intent on**⁷ losing weight, running, **brisk**⁸ walking and fast cycling are excellent ways of doing so!

¹ relating to the heart and blood

^{2,3} people suffering from **diabetes**, an illness in which the body cannot cope with **glucose** [sugar] because it does not produce enough **insulin** [hormone that controls the level of sugar in the body]

⁴ good at or keen on sports

⁵ the rate at which your body digests food

⁶ Body Mass Index – the amount of fat in your body, as a proportion of your weight

⁷ determined to

⁸ quick and energetic

C

Sport and fitness metaphors

I **scored an own goal** when I told my boss it had only taken me a day to write the report. Now she wants me to write several a week. [tried to gain an advantage, but made things worse for myself rather than better]

My boss always seems to be **moving the goalposts**, which makes it very difficult to know what he wants. [changing the rules]

The new EU laws aim to provide a **level playing field** for all member states. [fair situation]

He's too young to be **in the running** for such a job. [seriously considered]

The two main parties in the election are still **neck and neck** in the opinion polls. [level with each other and equally likely to win]

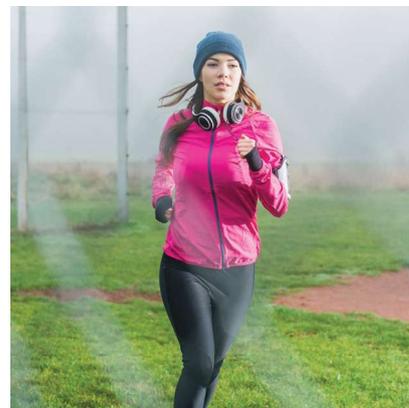
Politicians often **skate around** a subject. [don't talk directly about]

The students all **sailed through** their exams. [passed very easily]

Exercises

54.1 Rewrite the underlined parts of the sentences using words and expressions from A and B opposite.

- 1 Eggs and shellfish are full of substances that keep our bodies healthy.
- 2 Foods with a lot of cholesterol are fine if eaten in moderation.
- 3 These foods do not necessarily cause a danger to health.
- 4 The most important thing is not to slow down or prevent the flow of blood.
- 5 Fatty plaque can block the arteries.
- 6 Scientists recommend a diet with lots of fibre.
- 7 Running is a good form of exercise that affects the heart and blood circulation.
- 8 Fast walking is also good for you.
- 9 Jogging is a great way to use calories.
- 10 To do enough of this kind of exercise, you don't have to be a lover of sport or good at it.



54.2 Answer the questions.

- 1 What two serious illnesses can result from clogged blood vessels?
- 2 What word could you connect to these words before the hyphen to mean 'with a lot of'?
.....-fibre -energy -calorie
- 3 What word could you connect to these words after the hyphen to mean 'with a lot of'?
protein- vitamin-
- 4 Why are lentils and oatmeal good for our diet?
- 5 What is another way of saying 'He is determined to do more exercise'?
- 6 Which people might be interested in helping their insulin to work more effectively?
- 7 What abbreviation is used to talk about the amount of fat in someone's body?
- 8 What can you increase or speed up by exercising?

54.3 What sports do each of the metaphors in C come from?

54.4 Rewrite these sentences using metaphors from C.

- 1 Elsa passed her exams without any difficulty at all.
- 2 I wish he'd get directly to the point.
- 3 I've been told that they are seriously considering me for the job of supervisor.
- 4 I didn't do myself any favours when I offered to help with the washing-up so I could borrow Dad's car. Now my parents expect me to do it every night!
- 5 The situation is hardly fair when 18-year-olds take the same exam as 15-year-olds.
- 6 It's hard to know what to do when the regulations seem to be constantly changing.
- 7 The two candidates are in exactly the same position in the race to become President.

54.5 Over to you

- How much exercise do you do every week?
- What type(s) of exercise do you do?
- Do you know how many calories you burn? (There are websites that tell you how to calculate this for the activities you do.)
- What about diet? Do you think you could improve your diet? How?