

MODULE 7

SPORTS AND HEALTH (BODY TALK)



Objective: to activate students' background knowledge



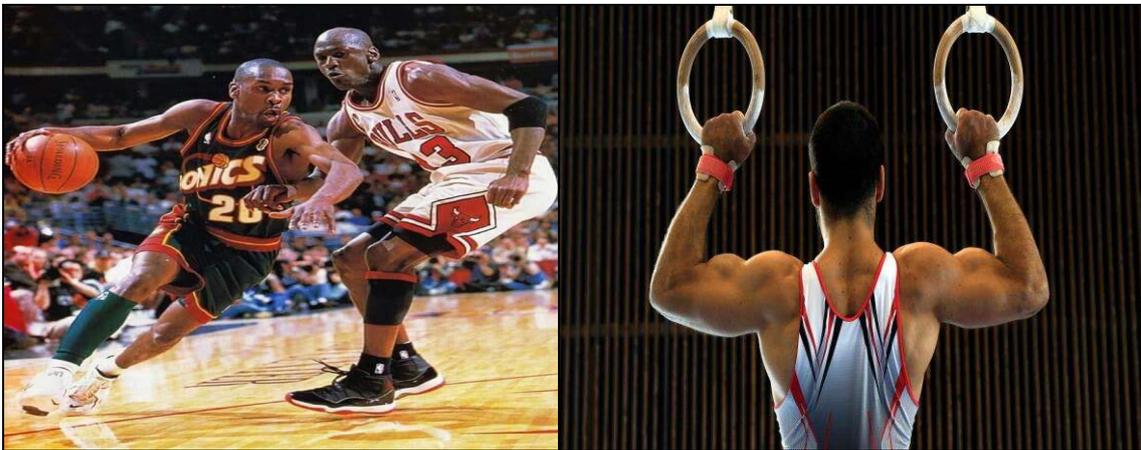
Even the greatest was once a beginner. Don't be afraid to take that first step

Muhammad Ali

Sports

Warming-up

1. Work individually. Compare the photographs and say what topic both photos are connected to? Is it more difficult to play an individual sport rather than a team sport?



Useful expressions:

*Personally, I would say that ...
I'm not really very interested in ...
It's very hard to say, but ...
If I had to choose ..., I would*

Essential vocabulary

<u>Nouns</u>	<u>Verbs</u>	<u>Adjectives</u>	<u>Phrasal verbs</u>
Award (n)	to require (n)	tiring (adj)	to be out of condition
treadmill (n)	to defend (v)	competitive (adj)	to work out
workout (n)	to practice (v)	recreational (adj)	to get into shape
<u>Phrases related to sport activities</u>			
To keep fit		To drop the ball	
To go in for sport		At this stage in the game	
To be good at		To be on target	

2. Make up sentences of your own with words and word-combinations from essential vocabulary.

Reading

3. Read and translate the text.

Sport in Our Life

Sport is probably as old as the humanity itself. It is very important in our life. It's popular among young and old people. Many people do morning exercises, jog in the morning, train themselves in fitness clubs and gyms, and take part in sport competitions. The others like sports too, but they only watch sport competitions, listen to sports news. They prefer reading interesting articles about sportsmen and sport events, but they don't go in for sports. There are sports grounds and stadiums near institutes and universities. A lot of different competitions are held there, a great number of students take part in them. All participants try to get good results and become winners.

There are summer and winter kinds of sports. The summer kinds of sports are: swimming, athletics, football, volleyball, basketball and others. The winter kinds of sport are figure skating, skiing, ice hockey etc.

We all need to do exercises. Regular exercises give you more energy and make you feel and look better. The best exercise is one, which is involved, in repeated movements: walking, jogging, swimming. Bending and stretching will add flexibility and feeling of lightness. Sport not only helps people to become strong and to develop physically but also makes them more organized and better disciplined in their daily activities.

4. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

- 1) Sport is probably as young as the humanity itself.
- 2) Many people don't do morning exercises, jog in the morning, train themselves in fitness clubs and gyms, and take part in sport competitions.
- 3) The spring kinds of sports are: swimming, athletics, football, volleyball, basketball and others.
- 4) The autumn kinds of sport are figure skating, skiing, ice hockey etc.

5) Regular exercises give you more energy and make you feel and look better.

5. Answer the questions after the text.

- 1) Why is sport important? Give reasons.
- 2) What are the most popular summer kinds of sport?
- 3) What are the most popular summer kinds of sport?
- 4) Why are regular exercises useful?
- 5) What are the most common places for going in for sport?

6. Complete the chart as shown.

Noun	Verb	Adjective
	to defend	
		recreational
		dangerous
education		
presentation		

Writing

7. Write an essay "A lot of Young People don't Think It's Cool to Take Part in Sports". You should explain, giving reasons in support of your answer. Write 220-260 words in appropriate style.

Speaking

8. Think about your answers to these questions.

- 1) What do you think is the most popular sport in the world?
- 2) What is the most dangerous sport?
- 3) What is the most expensive sport?
- 4) What is the most popular sport in your country?
- 5) What do you do to keep fit?

9. Describe a game or sport you enjoy playing. You should say:

what kind of game or sports it is;

who you play it with;

where you play it;

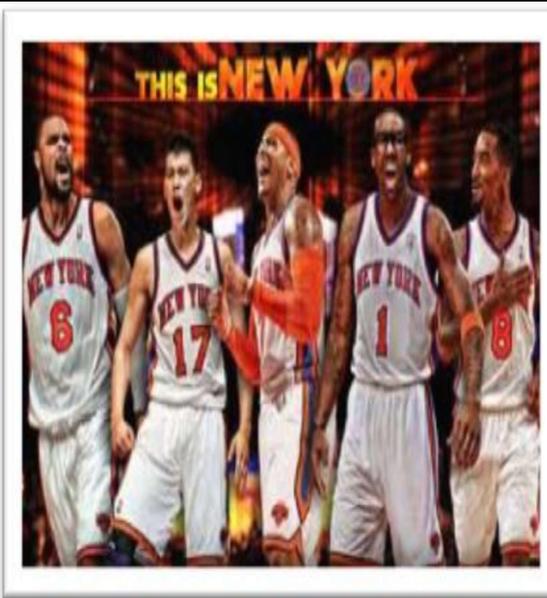
and explain why you enjoy playing it.

10. Work in a group. Some people believe that competitive sports have a positive effect on children's education, while others believe

there is no place for such sports in schools. Discuss both points of view and give your own opinion.

Home project

11. Make ppt presentation about sport.

<p style="text-align: center;">Favorite Team</p> 	<p style="text-align: center;">Favorite Sportsman</p> 
<p style="text-align: center;">Favorite Game</p> 	<p style="text-align: center;">Sport Event</p> 

MODULE 7

SPORTS AND HEALTH (BODY TALK)



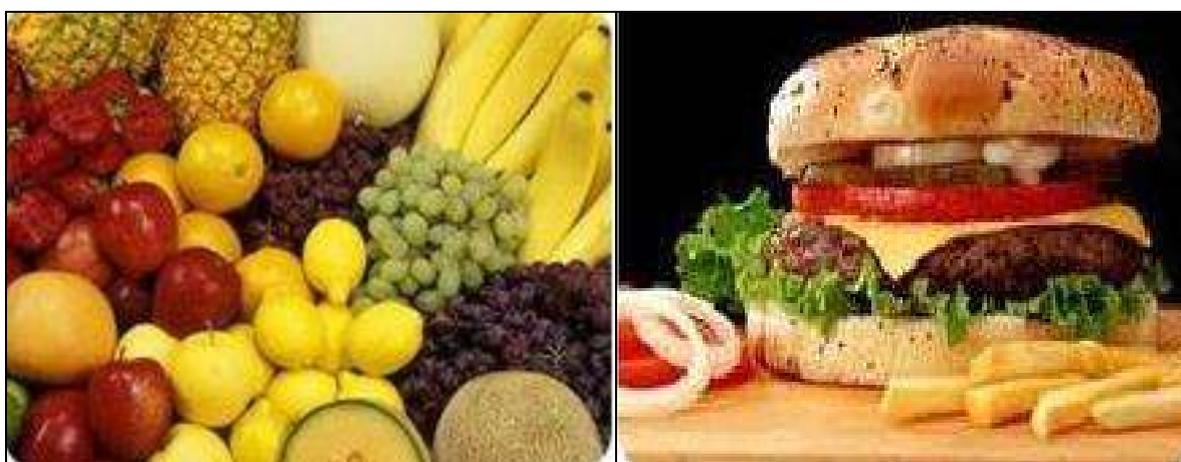
Objective: to activate students' background knowledge



Let food be the medicine and medicine be the food
Hippocrates

Warming-up

1. Work individually. Compare the photographs and say what topic both photos are connected to? What kinds of food are there? Which would you prefer? Why?



Useful expressions:

Many people think that ...
For me, one of the most important..... is

Personally, I would say that...
If I had to choose ..., I would

Essential vocabulary

<u>Nouns</u>	<u>Verbs</u>	<u>Adjectives</u>	<u>Phrasal verbs</u>
beverages (n)	to spoil (v)	thirsty (adj)	to eat out
grains (n)	to purchase (v)	hungry (adj)	to order in
utensils (n)	to measure (v)	delicious (adj)	to snack on
<u>Phrases related to food</u>			
Ukrainian cuisine		Favourite receipt	
Popular dish		Substantial meal	
To have breakfast / dinner / supper		A variety of ingredients	

2. *Make up sentences of your own with words and word-combinations from essential vocabulary.*

Reading

3. *Read the text and do tasks after it.*

Top 10 Superfoods

A superfood is not just ordinary food, it is food that for some reason is especially good for your health, nature's own medicine!

1. *Honey* is natural and much better for you than sugar because it contains many vitamins, it can even heal wounds if you put some kinds of honey on your skin.



2. *Blueberries* contain anti-oxidants which reduce toxins in your body and improve your memory.

3. *Dark chocolate*. If your chocolate has 70% or more cocoa, eating a little dark chocolate can be very good for you and can actually reduce blood pressure.

3. *Dark chocolate*. If your chocolate has 70% or more cocoa, eating a little dark chocolate

4. *Pistachio nuts* are the least fattening nut, also proven to reduce cholesterol levels in the body.



5. *Egg whites*. The healthier part of the egg, the egg white can help you maintain strong bones, muscles, nails, and hair.



6. *Broccoli* is a rich source of vitamin A, vitamin C, and bone-building vitamin K, and has plenty of fiber to fill you up and help control your weight.

7. *Sweet potatoes*. Orange vegetables can be especially good for you because they



contain so many vitamins. Sweet potatoes make a great alternative to ordinary potatoes because they contain healthier potassium instead of sodium.

8. *Almonds* are high in protein and in Vitamin E, and calcium. You can also make them into healthy almond milk.

9. *Salmon* is a super food because of its omega-3 fatty acid content. Studies show that omega-3 fatty acids help protect heart health.



10. *Goji berries* have been used in Chinese medicine for centuries. They are high in vitamins B, C & E, and support a healthy immune system, liver and heart.

4. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

- 1) Sweet potatoes are better for your health than ordinary potatoes.
- 2) Omega-3 fatty acids are good for your liver.
- 3) Eating any kind of chocolate is good for your health.
- 4) Honey is better for your health than sugar.
- 5) Blueberries do not help reduce toxins in your body.

5. Answer the questions after the text.

- 1) Which superfood can be made into milk?
- 2) Which superfood can heal wounds?
- 3) Which superfood can reduce blood pressure?
- 4) Which two superfoods can protect your heart?
- 5) Which superfood is good for your bones?

6. Complete the chart as shown.

Noun	Verb	Adjective
	to cook	
	to depend	
	to recommend	
	to describe	
	to enjoy	

Writing

7. Write an essay. Your local newspaper is asking its readers to write a review of a restaurant where you have eaten recently and would recommend to others. You should explain, giving reasons in support of your answer. Write 220-260 words in appropriate style (<http://cpesamplewritings.blogspot.com/2014/07/cpe-restaurant-review.html>).

Speaking

8. Think about your answers to these questions.

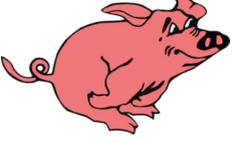
- 1) What is your favorite food that your mother/father cooks?
- 2) How would you describe your country's food?
- 3) What is your favorite foreign food? How is it different from your country's cuisine?
- 4) Where is the best place to eat in your town? Why is it so good?
- 5) Do you eat different foods depending on the season or weather? Give some examples.

9. Describe a traditional meal that you prepare in your country on special occasions. You should say:

- when you eat that meal;
- how you prepare it (recipe);
- what ingredients are used to prepare it;

and explain why you enjoy it.

10. Work in a group. Make up menu for Group A “The Fatty Cow” and Group B “The Running Pig”.

<p style="text-align: center;"><i>Welcome to The Fatty Cow</i></p> <div style="text-align: center;">  </div> <p style="text-align: center;"><i>Today's Special</i></p> <hr/> <table style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><i>Starters</i></p> <div style="text-align: center;">  </div> <hr/><hr/><hr/><hr/> </td> <td style="width: 50%; vertical-align: top;"> <p><i>Main Courses</i></p> <div style="text-align: center;">  </div> <hr/><hr/><hr/><hr/> </td> </tr> <tr> <td style="vertical-align: top;"> <p><i>Drinks</i></p> <div style="text-align: center;">  </div> <hr/><hr/><hr/><hr/> </td> <td style="vertical-align: top;"> <p><i>Desserts</i></p> <div style="text-align: center;">  </div> <hr/><hr/><hr/><hr/> </td> </tr> </table>	<p><i>Starters</i></p> <div style="text-align: center;">  </div> <hr/> <hr/> <hr/> <hr/>	<p><i>Main Courses</i></p> <div style="text-align: center;">  </div> <hr/> <hr/> <hr/> <hr/>	<p><i>Drinks</i></p> <div style="text-align: center;">  </div> <hr/> <hr/> <hr/> <hr/>	<p><i>Desserts</i></p> <div style="text-align: center;">  </div> <hr/> <hr/> <hr/> <hr/>	<p style="text-align: center;"><i>Welcome to The Running Pig</i></p> <div style="text-align: center;">  </div> <p style="text-align: center;"><i>Today's Special</i></p> <hr/> <table style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><i>Starters</i></p> <div style="text-align: center;">  </div> <hr/><hr/><hr/><hr/> </td> <td style="width: 50%; vertical-align: top;"> <p><i>Main Courses</i></p> <div style="text-align: center;">  </div> <hr/><hr/><hr/><hr/> </td> </tr> <tr> <td style="vertical-align: top;"> <p><i>Drinks</i></p> <div style="text-align: center;">  </div> <hr/><hr/><hr/><hr/> </td> <td style="vertical-align: top;"> <p><i>Desserts</i></p> <div style="text-align: center;">  </div> <hr/><hr/><hr/><hr/> </td> </tr> </table>	<p><i>Starters</i></p> <div style="text-align: center;">  </div> <hr/> <hr/> <hr/> <hr/>	<p><i>Main Courses</i></p> <div style="text-align: center;">  </div> <hr/> <hr/> <hr/> <hr/>	<p><i>Drinks</i></p> <div style="text-align: center;">  </div> <hr/> <hr/> <hr/> <hr/>	<p><i>Desserts</i></p> <div style="text-align: center;">  </div> <hr/> <hr/> <hr/> <hr/>
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Home project

11. Make ppt presentation about Food.



MODULE 7

SPORTS AND HEALTH (BODY TALK)



Objective: to activate students' background knowledge

Health Resorts

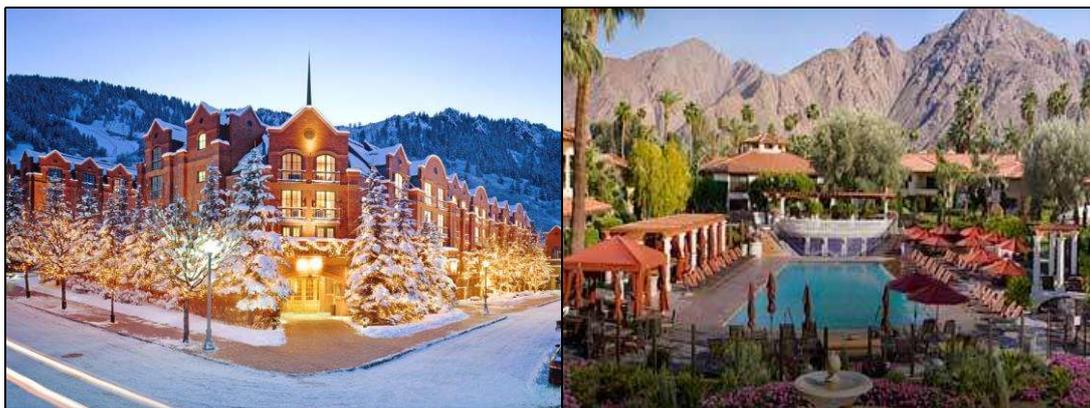


Take care of your body. It's the only place you have to live.

Jim Rohn

Warming-up

1. Work individually. Compare the photographs and say what topic both photos are connected to? Which health resort would you choose? Why?



Useful expressions:

- I wouldn't mind ...but on the other hand ...*
- If I had to choose*
- I think I would say ...*
- To be honest I haven't thought much about it ...*

Essential vocabulary

<u>Nouns</u>	<u>Verbs</u>	<u>Adjectives</u>	<u>Phrasal verbs</u>
lodging (n)	to include (v)	luxurious (adj)	to check in / out
excursions (n)	to book (v)	exciting (adj)	to give up
expenses (n)	to entertain (v)	relaxed (adj)	to get back
<u>Phrases related to health resorts</u>			
Provides various facilities and treatments intended to improve			
Treatments such as massage, facials, body wraps, or hydrobaths			
Treatments intended to cleanse the body of poisons or toxins			

2. Make up sentences of your own with words and word-combinations from essential vocabulary.

<http://www.highlevellistening.com/travel-vocabulary-part-3/>

Reading

3. Read the text and answer the question. What is the writer's main purpose?

- a. to explain the medical benefits of massage
- b. to describe a personal experience
- c. to discuss the positive and negative features of a spa

A Unique Resort and Spa in the Eastern Province

by Eric Marchand

The benefits of massage have been well pointed out by doctors around the world. A massage helps relieve pain and stiffness in the muscles and joints, lowers blood pressure and increases blood circulation as well. Some people also believe that massages promote a healthy mind in a healthy body by helping you to relax and reduce your anxiety. I decided to put the theory to the test when the editors of several magazines were invited to Al Khobar to spend a complimentary weekend there.

When I got to Al Khobar, a magnificent hotel stood out like an oasis under the scorching sun. The hotel buildings were surrounded by many palm trees and plants, a sight with which the bare mountains of the Saudi landscape made a striking contrast. I found it hard to believe that such a place existed there in the middle of the desert.

The moment I stepped into the spa, I was surrounded by a welcoming staff who were willing to cater for my every need. Before I even got a chance to introduce myself, I was led to my luxury suite. When I opened the door of my suite, I saw the marvellous view of the three swimming pools and the blue sky in the background. It was hard not to rest on the king-size bed right away, but I decided to go straight to the massage area.

The hotel offers a variety of massages, including hot stone massage and hydrotherapy. I decided on the hot stone treatment. When I was on the massage table, I watched the hot steam coming off the stones that were about to be put onto my body and had second thoughts. However, the moment the masseur placed the first hot stone on my skin, I felt a calm, warm energy spread throughout my entire body. The masseur told me to relax as he placed more stones on my back and I found myself drifting off to sleep.

When I woke up, I was completely relaxed. I realised there was another man in the room, and he was massaging my face. He put a warm mask on my face, and told me it would help clean my skin. When he washed off the mask, he told me it was time to sit in the Jacuzzi for a while. At first, I found it hard to get off the massage table because I wanted to stay there and sleep; however, switching to the Jacuzzi turned out to be a wonderful idea. I relaxed in the warm water for about an hour.

Meanwhile, dinner had been prepared for me in my room. I had an impressive meal of fresh fish, steamed vegetables and a selection of exotic fruit for dessert. I ate my dinner and lay down on my bed. It was so quiet and peaceful that I fell asleep right away.

The next day, I woke up earlier than usual and full of energy. I had a light but delicious breakfast of freshly squeezed orange juice and yoghurt with fresh fruit, then went to the gym. After an hour of exercising, I decided to go for a dip in the pool. I felt refreshed and relaxed and decided to explore the desert on a camel. This might seem unbelievable, but it is something I had never done before.

My instructor and I rode our camels into the desert. As a light breeze was blowing, I felt like a nomad crossing the dry land. My instructor said that I was doing great, even though I was afraid of falling off the camel. We rode back to the resort and, although I was quite hungry after all the morning's activities, I had

a light lunch consisting of only iced tea, salad and fruit. I spent the afternoon in the gardens of the resort, feeling completely relaxed.

I woke up the next morning with the sun shining on me, and I realised my weekend there was at an end. I left the resort feeling healthy and at peace, knowing that I would definitely return some day.

4. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) A massage helps relieve pain and stiffness in the muscles and joints, lowers blood pressure and increases blood circulation as well.

2) The author decided to put the theory to the test when the editors of several magazines were invited to Al Khobar to spend a complimentary weekend there.

3) Al Khobar is a magnificent hotel stood out like an oasis under the scorching sun.

4) The author had a light lunch consisting of only iced coffee, salad and fruit.

5) The author left the resort feeling healthy and at peace, knowing that he wouldn't definitely return some day.

5. Answer the questions after the text.

- 1) What does the writer say about the hotel?
- 2) How did the author feel about going to the Jacuzzi?
- 3) What did the author think about the breakfast?
- 4) How did the author describe his camel riding experience?

6. Complete the chart as shown.

Noun	Verb	Adjective
	to decide	
treatment		
	to invite	
	to increase	
		magnificent

Writing

7. Write an essay discussing why people visit health resorts. You should explain, giving reasons in support of your answer. Write 220-260 words in appropriate style.

Speaking

8. Think about your answers to these questions.

- 1) What are famous health resorts in Ukraine?
- 2) Why do you think people enjoy going to spas?
- 3) Would you like to spend a weekend at a spa? Why? Why not?
- 4) What are some things that cause stress? How can you reduce stress in your life?
- 5) If you were President of Ukraine, what would you do to improve Ukrainians' health?

9. Describe something you do to keep healthy. You should say:

what this activity is;

when you do it;

and how often you do it;

and explain why you think it's a good way to look after your health.

Home project

10. Make ppt presentation about health resort.

Seagaia Ocean Dome	Rio Tinto, Spain
	

MODULE 7

SPORTS AND HEALTH (BODY TALK)



Objective: to activate students' background knowledge

Health Problems

Health is not valued till sickness comes.

Thomas Fuller



Warming-up

1. Work individually. Compare the photographs and say what topic both photos are connected to? How good might these forms of exercise be for the people in the photos?



Useful expressions:
 Many people think that ...
 Apart from that ...
 And there's another thing ...
 The most important factor for me is

Essential vocabulary

<u>Nouns</u> overweight (n) addict (n) painkiller (n)	<u>Verbs</u> to prevent (v) to occur (v) to treat (v)	<u>Adjectives</u> weak (adj) exhausted (adj) pale (adj)	<u>Phrasal verbs</u> to phone in sick to calm down to be under the weather
<u>Phrases related to health problems</u>			
To miss classes because of illness			
To take the day off sick			
To suffer from ... disease			

2. Make up sentences of your own with words and word-combinations from essential vocabulary.

Reading

3. Read the text and choose the best title to it.

Health is the Greatest Wealth

Is there anything more important than health? I don't think so. "Health is the greatest wealth," wise people say. You can't be good at your studies or work well when you are ill.

If you have a headache, heartache, toothache, backache, earache or bad pain in the stomach, if you complain of a sore throat or a bad cough, if you run a high temperature and have a bad cold in your head, or if you suffer from high or low blood pressure, I think you should consult a doctor.

The doctor will examine your throat, feel your pulse, test your blood pressure, take your temperature, sound your heart and lungs, test your eyes, check your teeth or have your chest X-rayed. After that he will prescribe some treatment, pills, tablets or some other medicine which we can buy at the chemist's. He will recommend you to stay in bed for some time, because there might be serious complications. The only thing you have to do is to follow his recommendations.

Speaking about doctors' recommendations, I can't help telling you one funny story. An old gentleman came to see the doctor. The man was very ill. He complained of weakness, insomnia, memory loss and serious problems with his heart, lungs and liver. The doctor examined the patient and said that no medicine could cure his disease.

Do you want to know what the doctor's advice was? He told his patient to go to a quiet place for a month and have a good rest. He also advised him to eat a lot of meat, drink two glasses of red wine every day and take long walks. In other words, the doctor recommended him to follow the rule: "Eat at pleasure, drink with measure and enjoy life as it is." The doctor also said that if the man wanted to be well again, he shouldn't smoke more than

one cigarette a day. A month later the gentleman came into the doctor's office. He looked cheerful and happy. He thanked the doctor and said that he had never felt a healthier man. "But you know, doctor," he said, "it's not easy to begin smoking at my age."

4. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

- 1) You can be good at your studies or work well when you are ill.
- 2) You shouldn't consult the doctor if you feel bad.
- 3) After doctor examines you he will prescribe some treatment .
- 4) The only thing sick person has to do is to follow doctor's recommendations.
- 5) The doctor is always right.

5. Answer the questions after the text.

- 1) What do you usually do when you have a headache, heartache, toothache, backache, earache or bad pain in the stomach?
- 2) What does doctor have to do if you are sick?
- 3) Why does doctor recommend you to stay in bed for some time?
- 4) What funny story did the author tell us?
- 5) Do you know some funny stories about visiting the doctor?

6. Complete the chart as shown.

Noun	Verb	Adjective
Responsibility		
	to repair	
	to offer	
recovery		
prescription		

Writing

7. Write an essay. Some people believe that it is the responsibility of individuals to take care of their own health and diet. Others however believe that governments should make sure that their citizens have a healthy diet. Discuss both views and give your opinion. You should explain, giving reasons in support of your answer. Write 220-260

words in appropriate style. (<http://www.ieltsbuddy.com/diet-and-health.html>).

Speaking

8. Think about your answers to these questions.

- 1) Which country do you think has the best health care?
- 2) What things do you do that might damage your health?
- 3) How can people be encouraged to stay healthy?
- 4) Why do you think some people continue bad habits when they know that they are damaging to their health?
- 5) Do women pay more attention to their health than men? Why? Why not?

9. Describe a health problem you or someone you know had. You should say:

- what it was;
- how you had this health problem;
- what you or this person had to do to get better;

and discuss how you/ this person felt about this health problem.

10. Work in a group. Ask your classmates for advice. Please fill in the missing ailments. Next, practice the conversation and write down the advice.

<p><u>Example 1</u></p> <p>Student A: What's wrong? Student B: I have a headache Student A: You have a headache? You should take some aspirin. Student B: Ok, thanks!</p>	<p><u>Example 2</u></p> <p>Student A: What's wrong? Student B: I am nauseous Student A: You are nauseous? You should lie down. Student B: Ok, thanks!</p>
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Ailments	Advice
I have a headache ...	You should take some aspirin
I have the flu ...	You should
I have stomachache ...	You should
I have heartache	You should
I have toothache ...	You should
My back hurts	You should

Home project

11. Make ppt presentation about the healthiest people in the world and reasons they are so healthy?

The World's oldest woman

BESSE COOPER **115**
The World's Oldest Woman

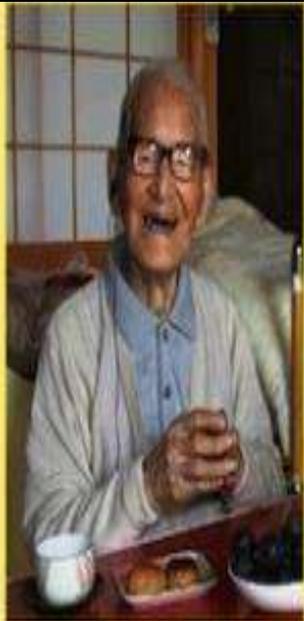
Birthdate: August 26, 1896
Country of origin: United States
Secret to longevity: "I mind my own business and I don't eat junk food."



The World's oldest man

JIROEMON KIMURA **115**
The World's Oldest Man

Birthdate: April 19, 1897
Country of origin: Japan
Secret to longevity: Eats small portions of red bean cake and rice with meals three times each day



MODULE 7

SPORTS AND HEALTH (BODY TALK)



Objective: to activate students' background knowledge

Physical Fitness



"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F Kennedy

Warming-up

1. Work individually. Compare the photographs and say what topic both photos are connected to? For whom and in a what way are these physical activities beneficial? What activities would you prefer?



Useful expressions:

There are different ways in which you can ...
 On the one hand ... / On the other hand, ...
 I think that ... I prefer A to B ... / I like A more than B ... /
 I like A, but I dislike B ... / A is more ...

Essential vocabulary

<u>Nouns</u>	<u>Verbs</u>	<u>Adjectives</u>	<u>Phrasal verbs</u>
achievement (n)	to contribute (v)	helpful (adj)	to tire out
challenge (n)	to cure (v)	energetic (adj)	to burn off calories
courage (n)	to develop (V)	scientific (adj)	to warm up
<u>Phrases related to physical fitness</u>			
To back on your feet / back into shape			
To be full of beans		To have a cast-iron stomach	
I've been shopping all day. My dogs are barking!			

2. Make up sentences of your own with words and word-combinations from essential vocabulary.

Reading

3. Read the text and choose the best title to it.

Benefits of Exercise



People are less active nowadays, partly because technology has made our lives easier. We drive cars or take public transport. Machines wash our clothes. We entertain ourselves in front of a TV or computer screen. Fewer people are doing manual work, and most of us have jobs that involve little physical effort.

Work, house chores, shopping and other necessary activities are far less demanding than for previous generations. We move around less and burn off less energy than people used to.

Research suggests that many adults spend more than seven hours a day sitting down, at work, on transport or in their leisure time. People aged over 65 spend 10 hours or more each day sitting or lying down, making them the most sedentary age group.

Given the results of conveniences, it seems obvious that we should all be physically active. It's essential if you want to live a healthy and fulfilling life into old age. It's medically proven that people who do regular physical activity have:

- up to a 35% lower risk of coronary heart disease and stroke;
- up to a 50% lower risk of type 2 diabetes;
- up to a 50% lower risk of colon cancer;

- up to a 20% lower risk of breast cancer;
- a 30% lower risk of early death;
- up to an 83% lower risk of osteoarthritis;
- up to a 68% lower risk of hip fracture;
- a 30% lower risk of falls (among older adults);
- up to a 30% lower risk of depression;
- up to a 30% lower risk of dementia.



<http://www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx>

4. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) People are more active nowadays, partly because technology has made our lives easier.

2) Work, house chores, shopping and other necessary activities are far less demanding than for previous generations.

3) Research suggests that many adults spend more than seventeen hours a day sitting down, at work, on transport or in their leisure time.

4) People aged over 65 spend 10 hours or less each day sitting or lying down, making them the most sedentary age group.

5) It's medically proven that people who do regular physical activity improve their health.

5. Answer the questions after the text.

1) Why are people less active nowadays?

- 2) How many hours do many adults spend sitting down, at work, on transport or in their leisure time?
- 3) Why should we all be physically active?
- 4) What diseases can regular physical activity prevent?
- 5) On what does disease regular physical activity have the greatest impact?

6. Complete the chart as shown.

Noun	Verb	Adjective
		active
	to prevent	
impact		
		demanding
	to prove	

Writing

7. Write an essay discussing how people should be encouraged to improve their general health and fitness (possible ways: government regulation, media campaigns, increased sport facilities). You should explain, giving reasons in support of your answer. Write 220-260 words in appropriate style.

Speaking

8. Think about your answers to these questions.

- 1) What is the difference between physical activity and physical fitness?
- 2) What are the benefits of physical fitness to physical health?
- 3) What are the benefits of physical fitness to mental health?
- 4) What are the benefits of physical fitness to emotional health?
- 5) What does sedentary lifestyle mean?

9. Describe an activity you do for your health or fitness. You should say:

- what you do;

- how often you do it;
- where you do it;

and explain how you think this activity helps you stay healthy or fit.

10. Work in a group. Play the game "Give me 5".

Health and fitness: Give me 5				
1.	5 things that are good for you			
	1. _____	2. _____	3. _____	4. _____
5.	_____			
2.	5 things that are bad for you			
	1. _____	2. _____	3. _____	4. _____
5.	_____			
3.	5 ways to stay healthy			
	1. _____	2. _____	3. _____	4. _____
5.	_____			
4.	5 adjectives to describe healthy people			
	1. _____	2. _____	3. _____	4. _____
5.	_____			
5.	5 physical health problems			
	1. _____	2. _____	3. _____	4. _____
5.	_____			

Home project

11. Find article about physical fitness in the magazine and present it.