

HEALTHY LIFESTYLE

Level	1 2 3 4 5
Language Function:	reading, discussion, vocabulary, phrasal verbs
Grammar	Error identification

Read and translate the text

5 Tips For Healthy Living On The Go

Are you a busy **entrepreneur** or **employee** who is usually **on the go** and doesn't have a lot of time, but still wants get more healthy?

Don't worry, you're not alone. Most people want to get healthy, more **fitter** and look younger **yet** they can't seem to find the time for it.

Here are five **tips** for healthy living on the go:

1. Enjoy a **pint** of water first thing in the morning.

If you haven't got time for anything else in the morning, make time to drink a big glass of water. We lose a lot of **oxygen** through the night and to **rejuvenate** our **cells**, we need to supply them with water and oxygen. Drink a glass of water and **within** a week you'll begin to feel less tired.

2. **Grab** a few fresh fruits on your way out.

Wherever you're going – whether it's a walk or drive to the supermarket or on your way to a meeting – **pick up** one or two fruits and eat them. Fruits are great for their **nutrients**, vitamins and sugars that are **required** in our body.

3. Exercise on the go.

If you work in an office, **get up** every 30 minutes and go for a walk. If you have an office with stairs, run up and down the stairs every couple of hours. Get your blood flowing and your muscles moving.

4. Eat a **handful** of nuts.

Get your favorite selection of nuts (**almonds**, **cashews**, **pecans**, **walnuts**, etc.) and **raisins** and have a big handful of them at around 3pm. This has been shown to increase afternoon energy and productivity.

5. Deep **breathing**.

When you've got time – at your desk, driving the car, cooking food – do some deep breathing. **Inhale** and **count** up to 5 seconds, hold it for a few seconds, and release slowly. Exchange of oxygen and carbon dioxide is one of the best things we can do for our blood and cells.



What is the meaning of these words?
work in the classroom and at home

- entrepreneur
- employee
- on the go
- fitter
- yet
- tips
- pint
- oxygen
- rejuvenate
- cell
- within
- grab
- pick up
- nutrients
- require
- get up
- handful
- almonds
- cashews
- pecans
- walnuts
- raisins
- breathing
- inhale
- count



Discussion questions

1. Do you think you have a healthy life style?
2. Why do many people try to have a healthy life style?
3. What is healthy food?
4. Do you pay much attention to what you eat?
5. Do you think it is more important for you to eat healthy or tasty food?
6. Do you try to eat your breakfast, lunch and dinner at a certain time every day?
7. What is better for health?
8. Do you agree with the saying: "Eat your breakfast, share your lunch with a friend and give your dinner to your enemy"? Why do people say so?
9. What is healthy about not eating after 6 p.m.?
10. Do you try to follow this rule?
11. Why are there so many obese people in the US?
12. What are the most efficient ways to loose weight?
13. Do you think diets are useful or not?
14. Have you ever tried to go on a diet?
15. What kind of diet was it?
16. Did it work?
17. What do you prefer, to eat everything you like, drink a lot, smoke, have no physical exercise and die at the age of 60 or lead a healthy life and live until 100?

break up: end a personal relationship.

"Have you heard the news? Julie broke up with Tim!"

blow up: suddenly become very angry.

"When I told Jerry that I'd had an accident with his car, he blew up."

break down: stop working.

"Sharon will be late for work today. Her car broke down on the freeway."

Find the Mistake and explain WHY Error identification

Example:

*Sentence: He has been working here for **sometimes**.*

*Correction: He has been working here for **some times**.*

1. He was quite amusing when he heard what had happened.
2. Turn left by the crossroads when you reach it.
3. He stopped to see if he could picked up the trail.
4. Although he jumped aside, but the stone hit him.
5. I decided to climbed to the top of the hill to get a better view.
6. He jumped down after shouted a warning to those standing below.
7. After a few minutes, I look up and saw that it was getting dark.
8. I saw the blind man crossed the busy road without any help.
9. The robber gave the victim with a hard blow.

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 After a few minutes, I looked up and saw that it was getting dark.
 I saw the blind man crossing the busy road without any help.
 The robber gave the victim a hard blow.

