



# HEALTH & HEALTHY LIFESTYLES

## Discussion

### Basic questions

1 Do you think you are healthy?

*\*Yes, I think I am healthy. / No, I don't think I'm healthy.*

2 Do you exercise every day?

*\*Yes, I exercise everyday. / No, I don't exercise everyday.*

3 How often do you have a cold?

*\*I have a cold...a year.*

4 Do you often have to take pills?

*\*Yes, I often have to take pills. / No, I don't often have to take pills.*

5 How much time a day do you spend in front of the computer? How does this affect your health?

*\*I spend...hours in front of the computer. I think it....my health.*

### Extended questions

1 Have you ever been hospitalized? Why?

*\*Yes, I have been hospitalized because of... / No, I haven't been hospitalized.*

2 Can you talk about a person you know who has an unhealthy lifestyle?

*\*My...has an unhealthy lifestyle because...*

3 Do you smoke? How would you advise a heavy-smoker?

*\*Yes, I do. / No, I don't. I'd advise a heavy smoker to...*

4 Do you have any bad habit that you want to change?

*\*Yes, I have some bad habits that I want to change. / No, I don't have any bad habits.*

## Vocabulary

- 1 **illness** /'ilnis/  
[noun] the state of being ill  
*Ex. She had to stay at home today due to an illness.*
- 2 **unhealthy** /ʌn'helθi/  
[adjective] not good for your health, or not strong and well  
*Ex. You should avoid unhealthy food.*
- 3 **recover** /'ri:kʌvə/  
[verb] to get well again after being ill/sick, hurt, etc.  
*Ex. He's still recovering from a serious disease.*
- 4 **hospitalize** /'hɒspitəlaiz/  
[verb] to take someone to hospital and keep them there for treatment  
*Ex. Three people were hospitalized because of the car accident yesterday.*
- 5 **Heavy smoker** /'hevi 'smoukə/  
[noun] someone who smokes tobacco a lot each day  
*Ex. Chris is a heavy smoker.*

## Grammar

- 1 **Get + adj (= to become + adj) : get ill, get sick, get well**  
*Ex. I got sick yesterday and did not go to the movie.*
- 2 **have got a/an + (illness)**  
*Ex. I've got a stomachache.*
- 3 **to catch a cold**  
*Ex. I went out in the rain and I caught a cold.*
- 4 **to have a check-up/ get a check-up: to receive a physical examination from a doctor**  
*Ex. I go to the doctor every year to get a health checkup.*

## Idioms / Useful Expressions

**1 in the best of health- very healthy.**

*Ex. He's in the best of health because he exercises regularly and doesn't eat junk food.*

**2 under the weather - If you are under the weather, you are not feeling very well.**

*Ex. You look a bit under the weather. What's the matter?*

**3 alive and well - to be well and healthy**

*Ex. The worker was alive and well after the accident.*

**4 back on one's feet - physically healthy again**

*Ex. My mother is back on her feet after being sick for two weeks.*

**5 as blind as a bat- said about someone who can't see very well or can't see anything at all.**

*Ex. He is as blind as a bat. He must wear glasses.*