

Healthy Lifestyle

I. Answer the following questions.

1. Do you think you have a healthy life style?
2. Is it possible to have a healthy life style in modern world?]
3. Is there any connection between the person's style of life and the duration of his life (in your opinion)?
4. Choose three most important factors according to their impact on our health (the most important ones being at the top of the list).

<i>Genetics</i>	...
<i>Gender</i>	...
<i>Education level</i>	...
<i>Culture</i>	...
<i>Social environment</i>	...
<i>Family</i>	...
<i>Health care quality</i>	...
<i>Income</i>	...
<i>Individual lifestyle habits</i>	...
<i>Physical environment</i>	...

II. Read the article and write out the useful vocabulary to support your point of view on the three health determinants you have chosen. Compare the vocabulary you have written out with your partner's.

What determines our health?

The health of individual people and their communities is affected by a wide range of factors. People's good or bad health is determined by their environment and situations - what is happening and what has happened to them. The following factors probably have a big impact on our health:

The person's individual characteristics, behaviors and lifestyle habits. What we are, what we eat, our physical activity, whether or not we smoke or drink or take drugs, and how we cope with stress play an important role in our physical and mental well-being.

The physical environment. If your water is clean, the air you breathe is pure, your workplace is healthy, your house is comfortable and safe, you are more likely to enjoy good health compared to somebody whose water supply is not clean and safe, the air he/she breathes is contaminated, the workplace is unhealthy, etc.

The social and economic environment. The higher a person's socioeconomic status is, the more likely he/she is to enjoy good health. People who fit into society are likely to be more content and as a result healthier; both physically and mentally. Social and psychological circumstances can cause long-term stress. Continuing anxiety, insecurity, low self-esteem, social isolation and lack of control over work and home life, have powerful effects on health. The lower people are in the social hierarchy of industrialized countries, the more common these problems become. The social organisation of work, management styles and social relationships in the workplace all matter for health. People in employment are healthier, particularly those who have

more control over their working conditions. Several European workplace studies show that health suffers when people have little opportunity to use their skills and low decision-making authority.

Even in the most affluent countries, people who are less well off have substantially shorter life expectancy and more illnesses than the rich.

Our education level. People with lower levels of education generally have a higher risk of experiencing poorer health.

Our relationship with friends and family. If you have family support, as well as support from friends and your community your chances of enjoying good health are far greater.

Culture. Customs and traditions, and the beliefs of the family and community all affect health.

Genetics. People's general health is partly determined by their genetic makeup.

Health care. By diagnosing an illness early, there is more hope that lifestyle change and medications can help avoid complications. The only way to do this is to see your doctor for a health check regularly.

Gender - Men and women suffer from different types of diseases at different ages.

Unfortunately, most of the factors that contribute towards our good or bad health are out of our control. But even though we can't always control our health, we can do our best to look after it. Taking care of our body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being, so your life will be healthy & happy from all perspective.

(compiled from <http://www.medicalnewstoday.com/articles/150999.php>)

III. Work as a class. Discuss the reasons causing bad health. Define three factors which in your opinion influence your health most. Support your point of view with examples from your own experience. Use the following conversational phrases:

Giving your opinion I think / I don't think that . . . I may be wrong, but . . . What I mean is . . . What I'm trying to say is . . .	Expressing Lack of Understanding I don't get it. What do you mean? I'm not following you. I don't quite follow you. I'm not sure I get what you mean.
Paraphrasing So . . . (rephrase the other person's ideas) In other words . . . (paraphrase) I understand. (You're saying that . . .) Oh. I see. (You want to say that . . .)	Commenting and bringing new ideas into a conversation: That's interesting. I think that... Interesting point. I would add... Hmmm. I hadn't thought of that before. What do you think about . . .

I get it. (You mean . . .) So, what you mean is . . . If I'm hearing you correctly . . .	Have you considered . . . What about . . .
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IV. *Work in pairs. Using the following outline and suggestions, evaluate your present lifestyle. Discuss what needs to be changed for each of you to reduce your risk of future health problems. Work out 5-6 resolutions for each of you to improve your life and health.*

1. Lifestyle Habits

a. Eating habits - Do you pay much attention to what you eat? Do you think it is more important for you to eat healthy or tasty food? Do you try to eat your breakfast, lunch and dinner at a certain time every day? Do you eat a lot of processed foods, fat, salt, sugar, etc? What things affect when and what you eat – time schedule, convenience, cost? What can you do to improve your eating habits?

b. Activity level - Does your activity level help you keep a healthy body weight? How much exercise do you get each day? If you do not get enough exercise, what can you do to improve this part of your lifestyle?

c. Sleep - How much sleep do you get regularly? Do you feel tired at university? How much sleep do you feel you need? What may cause you to not get enough sleep? How can you improve your sleeping habit?

d. Smoking, drugs, alcohol - Is it a problem?

e. Lifestyle risks - Do you wear protective equipment - helmets, safety goggles, seat belts etc.?

2. Environment - What things are you at risk of due to your environment?

Consider such things as hazardous materials, UV rays, stress, secondhand smoke, communicable illnesses, allergies, etc. How can you protect yourself against the exposure to these health hazards?

3. Family Health History - What diseases or conditions are found in your family members? Are any of these conditions at increased risk due to lifestyle habits? What lifestyle changes can be made to reduce the risk?

4. Health Care - Do you visit the doctor and dentist regularly?

III. *Talking points. Agree or disagree with the following health quotes. Give reasons for your opinion.*

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." Mark Twain

"There's lots of people in this world who spend so much time watching their health that they haven't the time to enjoy it." Josh Billings

“I reckon being ill as one of the great pleasures of life, provided one is not too ill and is not obliged to work till one is better”. Samuel Butler, *The Way of All Flesh*, 1903

“If I'd known I was going to live so long, I'd have taken better care of myself”. Leon Eldred
“Be careful about reading health books. You may die of a misprint”. Mark Twain

“Diseases of the soul are more dangerous and more numerous than those of the body”. Cicero

“The part can never be well unless the whole is well”. Plato

"Our own physical body possesses a wisdom which we who inhabit the body lack. We give it orders which make no sense." Henry Miller

“When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease”. Terri Guillemets

“Those obsessed with health are not healthy; the first requisite of good health is a certain calculated carelessness about oneself”. Sydney J. Harris

“Exercise is bunk. If you are healthy, you don't need it: if you are sick you should not take it”. Henry Ford

“So many people spend their health gaining wealth, and then have to spend their wealth to regain their health”. A.J. Reb Materi, *Our Family*

8A It's no use trying to go to sleep

Learn to describe sleeping habits and routines

G Gerunds and infinitives

V Sleep



1 SPEAKING and READING

a Do you know the answers to these questions? If not, what do you think they are?

- 1 Why do all animals (including humans) need sleep?
- 2 What percentage of their life does the average person spend asleep?
- 3 How long is it possible to go without sleep?
- 4 How many hours a night should adults sleep? What about newborn babies?

b **3.45** Listen to the radio interview and check your answers.

c Look at these headings for four tips for people who have problems getting to sleep. What do you think each tip involves?

Acknowledge distractions
It is as it is

Everybody out!
Compile a playlist

Read the article and match the headings with tips A–D.

d Do you think the tips would work for you?

2 GRAMMAR Gerunds and infinitives

a Look at the **highlighted** phrases in the article. Which phrases are followed by ... ?

- a to + infinitive: 1 **too much**
- b infinitive without to:
- c gerund (verb + -ing):

b Look at examples 1–4. Match the verb forms in **bold** with a–d.

- 1 Enjoy **being soothed** to sleep by music.
- 2 It's easy **to be distracted** by background noises.
- 3 Go to work tomorrow without **having had** eight hours' sleep.
- 4 Be pleasantly surprised **to have slept** all night long.

- | | |
|--|---|
| a <input type="checkbox"/> to + passive infinitive | c <input type="checkbox"/> passive gerund |
| b <input type="checkbox"/> to + perfect infinitive | d <input type="checkbox"/> perfect gerund |

c Look at these examples. What, if anything, is the difference in meaning between each pair?

- 1 a He got out of bed without saying a word.
b He got out of bed without having said a word.
- 2 a He seems to sleep well.
b He seems to have slept well.
- 3 a My daughter likes reading in bed.
b My daughter likes being read to in bed.
- 4 a I'd like to wake up at 8:30.
b I'd like to be woken up at 8:30.

TOP TIPS to help you sleep

Do you lie awake at night counting sheep?

After a long day at work or university, do you find there's 'too much' to think about and your head is spinning?

Trying to get to sleep can be very frustrating. You might lie awake for hours until it gets to about 5 or 6 o'clock in the morning and then decide **it's no use** trying to go to sleep and you **may as well** get up. Here are four tips to help you get to sleep quickly:

A _____

If you enjoy being soothed to sleep by music, why not create the ultimate collection of soothing tracks? Choose songs with few or no lyrics and avoid anything with a catchy tune. When **it's time** to sleep, turn the volume down as low as possible.

B _____

When you're trying to fall asleep it's very easy to become irritated by background noises. However, sometimes **the best way** to deal with them is by accepting them. Say to yourself 'I can hear the clock but it doesn't bother me' or 'I like the neighbour's music'. Soon they'll become less important.

C _____

Imagine your body is full of tiny people all working away with hammers. Announce that their shift is over so they **d better** go home. Imagine them all putting their tools down and leaving your body one by one through your feet. This will make you relax and you should soon drift off to sleep.

D _____

There's no point in making judgements ('I should have been asleep hours ago'), or indulging in catastrophic thinking ('If I go to work tomorrow without having had eight hours' sleep, I'll mess up that presentation, lose my job, and die tired and alone'). Make the night easier by accepting it for what it is, letting go of judgements, and being gentle with yourself. The silver lining? You just might get to see a glorious sunrise.

So, for the chronic insomniacs out there, try some of these tips and by the time you wake up in the morning, you may be pleasantly surprised to have slept all night long!

d Think of possible continuations for these sentences. Then compare with other students.

- 1 I've got to get up at 4:00 to go to the airport, so I may as well ...
- 2 If you don't feel tired, there's no point ...
- 3 You can't carry on sleeping only two hours a night. You'd better ...
- 4 What a disaster! I went into the exam without having ... (+ past participle)
- 5 When I feel tired, I really don't enjoy being ... (+ past participle)
- 6 If you can't sleep, just accept it. It's no use ...

e ► Now go to Grammar Focus 8A on p.152

3 READING

a Read the title of the article. What will the article tell you about sleeping eight hours a night? Think of two possibilities. Read the article and check.

b Which of these are reasonable conclusions to draw from the article, and which aren't?

- 1 If there's nothing to interfere with them, most people would probably sleep in two segments.
- 2 In the 15th century, city streets probably would have been full of people at night.
- 3 The habit of sleeping for eight hours without waking up probably started in Europe.
- 4 People started going to bed later because the streets became less dangerous.
- 5 Stress in modern life is mainly a result of not sleeping well.

c **Language in context** Cause, origin and effect

1 What do the **highlighted** words and phrases mean? Match each expression with a synonymous phrase.

- 1 be a factor in, contribute to
- 2 be because of (x2)
- 3 spread to
- 4 take from
- 5 say that the cause was

2 Why do you think the writer preferred each **highlighted** expression?

d 🗨️ Do you agree that 'lying awake could be good for you'? What arguments can you think of against Dr Jacobs' point of view?

THE MYTH OF THE EIGHT-HOUR SLEEP



*We often worry about lying awake in the middle of the night – but it could be good for you. A growing body of evidence from both science and history suggests that the **eight-hour sleep** may be unnatural.*

In the early 1990s, psychiatrist Thomas Wehr conducted an experiment in which a group of people were plunged into darkness for 14 hours every day for a month. It took some time for their sleep to regulate but by the fourth week the subjects had settled into a very distinct sleeping pattern. They slept first for four hours, then woke for one or two hours before falling into a second four-hour sleep. Though sleep scientists were impressed by the study, among the general public the idea that we must sleep for eight consecutive hours persisted.

In 2001, historian Roger Ekirch of Virginia Tech published a seminal paper, **drawn from** 16 years of research, revealing a wealth of historical evidence that humans used to sleep in two distinct chunks. His book *At Day's Close: Night in Times Past*, published four years later, unearths more than 500 references to a segmented sleeping pattern – in diaries, court records, medical books and literature.

During the waking period between sleeps people were quite active. They often got up, went to the toilet or smoked tobacco and some even visited neighbours. Most people stayed in bed, read, wrote and often prayed. Countless prayer manuals from the late 15th century offered special prayers for the hours in between sleeps. Ekirch found that references to the first and second sleep started to disappear during the late 17th century. This started among the urban upper classes in northern Europe and over the course of the next 200 years **filtered down to** the rest of Western society. By the 1920s the idea of a first and second sleep had receded entirely from our social consciousness. He **attributes** the initial shift **to** improvements in street lighting, domestic lighting and a surge in coffee houses – which were sometimes open all night. As the night became a place for legitimate activity and as that activity increased, the length of time people could dedicate to rest dwindled.

Today, most people seem to have adapted quite well to the eight-hour sleep, but Ekirch believes many sleeping problems may **have roots in** the human body's natural preference for segmented sleep as well as the ubiquity of artificial light. This could **be at the root of** a condition called sleep maintenance insomnia, where people wake during the night and have trouble getting back to sleep, he suggests. The condition first appears in literature at the end of the 19th century, at the same time as accounts of segmented sleep disappear. 'For most of evolution we slept a certain way,' says sleep psychologist Dr Gregg Jacobs. 'Waking up during the night is part of normal human physiology.'

Jacobs suggests that the waking period between sleeps, when people were forced into periods of rest and relaxation, could have **played an important part in** the human capacity to regulate stress naturally. In many historic accounts, Ekirch found that people used the time to meditate on their dreams. 'Today we spend less time doing those things,' says Dr Jacobs. 'It's not a coincidence that, in modern life, the number of people who report anxiety, stress and depression has gone up.' So the next time you wake up in the middle of the night, think of your pre-industrial ancestors and relax. Lying awake could be good for you.

4 LISTENING and VOCABULARY Sleep

- a You will hear four people talk about waking up at night. Look at the words below. What do you think each person is going to say?

1 Matt

ten or eleven – restless – my wife – photos – storm

2 Saba

yoga – studio – 20 other people – husband

3 Bernie

artist – image – dream – therapeutic

4 Iain

Papua – village – sunset – fire – sweet potato

- b 3.48 Listen to the radio programme. Were your ideas in 4a correct?

- c Look at the expressions in the box from the recording. Which are about ... ?

- sleeping well or too long
- not sleeping or not sleeping well
- falling asleep
- having a short sleep

have a nap be fast asleep be wide awake
drift off to sleep be a light sleeper be restless
sleep like a log not sleep a wink toss and turn
oversleep suffer from insomnia drop off to sleep

- d 3.49 **Pronunciation** Listen to this extract from the recording. Underline the stressed syllables in the fixed expressions in **bold**.

My wife used to force me to **get out of bed** 'cause I would lie there **tossing and turning** all night and I **couldn't sleep a wink**.

- e 3.50 Underline the syllables you think will be stressed in the expressions in **bold**. Listen and check.

Sometimes I even get my husband to join us, if he's **having trouble sleeping**. But most of the time **he's fast asleep** and doesn't even notice when I get up. He **sleeps like a log**!

- f Talk about your sleeping habits using expressions from 4c.

- Are they the same as people you live with? Why / Why not?
- In what situations does your sleep pattern change? What can be different about it?
- Do you know someone with particularly unusual sleeping habits?

5 SPEAKING

- a Work in groups. Imagine that most people have segmented sleep patterns. What impact would it have on the way our lives are organised? How would society need to adapt? Consider these factors:

- travel and transport
- entertainment and socialising
- work
- leisure activities
- education
- mealtimes.

- b Plan a typical day for a student who wants to start a segmented sleep pattern. How can they make the best use of their time? When should they ... ?

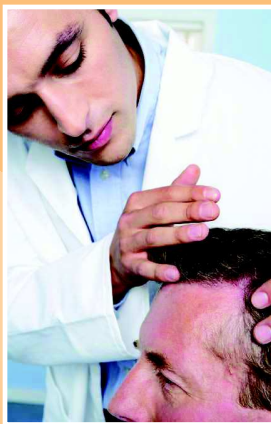
- eat
- work
- relax
- learn
- exercise
- spend time with friends

- c Choose one student from your group to represent you and explain your idea to the class.

- d Decide which group's plan is:

- the most practical
- the most original.

“ Ageing is one of the most **profitable** fears of our time ”



Anti-ageing treatments

Afraid of anti-ageing injections?

Try these alternative treatments to make you look younger!

Snail Slime Cream

Carefully collected snail's slime is a potent anti-ageing ingredient that helps reduce **scars**, acne and skin **rashes**, as well as smoothing out **wrinkles**.

Emu Oil

Rendered from the fat of an emu bird, emu oil is a lesser known anti-ageing oil that has been used for centuries in the Aboriginal communities for its healing powers. It leaves you with a **glowing complexion**.

Bee Sting Venom

The bee sting venom **facial** doesn't involve a swarm of bees stinging your face, but instead, the venom from the sting is transferred into a gel and then rubbed on the face as part of an intensive facial. It leaves your skin feeling **fresh** and renewed.



Anti-Sagging Lips

This rubbery-looking mouthpiece, created by cosmetic company Glim, is designed to keep the **facial** muscles **firm** by holding the cheeks and mouth stretched in a permanent 'trout pout' position. It will help bring back smooth, healthy-looking cheeks.



'Platza' Treatment

The 'platza' treatment involves the bare back being beaten with a 'broom' made of oak-leaf branches. It was first used in the *banyas* (saunas) of Russia and in Turkish baths. This alternative massage is designed to stimulate the blood **circulation**, creating a **youthful glow**.

2 READING

- a In the future, how likely do you think it is that medical science will keep people alive for much longer than today? Why do you think so?
- b Read the interview with a scientist, Aubrey de Grey. How does he answer the question in 2a?
- c Read the interview again. Summarise the main points made about these topics in paragraphs 2–7.
- Paragraph 2: Diseases in old age
Paragraph 3: Attitudes to the ageing process
Paragraph 4: The challenge our body faces
Paragraph 5: Aubrey de Grey and the medical profession
Paragraph 6: People who might benefit
Paragraph 7: Managing the population
- d Would you like to live for 1,000 years? Why / Why not?

WE DON'T HAVE TO GET SICK AS WE GET OLDER

by Caspar Llewellyn Smith

Aubrey de Grey, expert in gerontology and Chief Science Officer, *SENS Research Foundation*

'With his beard and robust opinions, there's something of the philosopher about Aubrey de Grey. De Grey studied computer science at Cambridge University, but became interested in the problem of ageing more than a decade ago.

2 What's so wrong with getting old?

It is simply that people get sick when they get older. I don't often meet people who want to suffer cardiovascular disease or whatever, and we get those things as a result of the lifelong accumulation of various types of molecular and cellular damage. This is harmless at low levels but eventually it causes the diseases and disabilities of old age – which most people don't think are any fun.

3 Why does the world not recognise the problem of ageing?

People have been trying to claim that we can defeat ageing since the dawn of time, and they haven't been terribly successful; there is a tendency to think there is some sort of inevitability about ageing – it somehow transcends our technological abilities in principle, which is complete nonsense.

3 GRAMMAR Conditionals

- a Read the web comments about longevity. Which ones reflect your opinion?

- ① I would be a bit more relaxed about my life goals if it were actually possible to live for a thousand years!
- ② If medical science had been more advanced a hundred years ago, the world population would be out of control today.
- ③ Assuming what Aubrey de Grey says is correct, we probably don't need to worry so much about exercise and diet.
- ④ Supposing that we all were able to live for a very long time, people would just stop having children.
- ⑤ Had I been born 200 years ago, I would have been astounded to be told about life expectancies in the year 2000.
- ⑥ I won't care about living to a ripe old age as long as I feel I've had an interesting life.
- ⑦ Even if I only lived to a hundred, that'd be an amazing achievement.

REPLY

- b Which sentences in 3a refer to ... ?
- a a real possibility
 - b an imaginary or unreal situation
 - c both the past and the present
- c Underline the word or phrase in each example in 3a that introduces the condition.
- d Now go to Grammar Focus 8B on p.153
- e Use the phrases in the box to talk about yourself. Say one thing that isn't true or you don't really believe. Can you guess your partner's lie?

Assuming that ... Had I ... Even if I only ...
Supposing that ... If I hadn't ... As long as ...

Talk about:

- living for a long time
- life goals
- lifestyle and health
- the future of the planet.

4 Is it that our bodies just stop being so proactive about living?

Basically, the body does have a vast amount of inbuilt anti-ageing machinery; it's just not 100% comprehensive, so it allows a small number of different types of molecular and cellular damage to happen and accumulate. The body does try as hard as it can to fight these things but it is a losing battle.

5 You say you want to enrich people's lives? Why is that?

The fact is, people don't want to get sick. I don't work on longevity, I work on keeping people healthy. The only difference between my work and the work of the whole medical profession is that I think we're within striking distance of keeping people so healthy that at 90 they'll carry on waking up in the same physical state as they were at the age of 30.

4 LISTENING

- a Why do people follow special diets? Talk about different reasons. Have you (or has someone you know) ever had to follow a diet? How was it?
- b Read about a CR diet. What kind of food do you think you can eat on this diet?
- c **3.55** Listen to Peter Bowes talk to Martin Knight, who follows a CR diet. Answer the questions.
- 1 What does Martin do with the food in the photos below?
 - 2 What does Martin's daily routine involve?
- d **3.55** Listen again. Make notes on these topics.
- 1 eating out (discussed twice)
 - 2 the look and taste of Martin's breakfast
 - 3 Martin's lifestyle in general
 - 4 Martin's reasons for following a CR diet
 - 5 how Martin feels
- e Can you imagine following a CR diet? Why / Why not? If you did, what would the biggest sacrifice or challenge be in relation to your current lifestyle?
- f **3.56 Pronunciation** Listen to this extract.
- 1 Is the pitch lower or higher in the phrases in **bold**?
Then I have sprouted oats, **16 grams**, so that's 70. Then this tomato paste here, **33 grams of that**, and almost done now. There we go. And then finally, I add some olive oil, **that's 9.2**.
 - 2 Does this happen because the speaker repeats information or adds extra information?
- g Describe the process of preparing a typical breakfast, lunch or dinner to a partner. Use a lower pitch to add extra information. Can you guess which meal your partner's describing?

6 You've said you think the first person to live to 1,000 may already be alive. Could that person be you?

It's conceivable that people in my age bracket, their 40s, are young enough to benefit from these therapies. I'd give it a 30% or 40% chance. But that is not why I do this – I do this because I'm interested in saving 100,000 lives a day.

7 Can the planet cope with people living so long?

That's to do with the balance of birth and death rates. It didn't take us too long to lower the birth rate after we more or less eliminated infant mortality 100 or 150 years ago. I don't see that it's sensible to regard the risk of a population spike as a reason not to give people the best healthcare that we can.

Did you know

that a calorie restricted (CR) diet will not only help you to lose weight, it could increase your life expectancy by up to ten years? Research has shown that a CR diet reduces many of the health risks associated with ageing. All you need to do is eat less and eat smarter. Not only could you live longer, but you might feel years younger!



5 SPEAKING

- a When have you / has someone you know been told you were too young or too old to do something? Explain what happened.
- b Work in small groups. What are your opinions of these statements? Talk about your own experiences.

- 1 How old someone feels depends entirely on their health.
- 2 TV ads in my country represent older people in realistic ways.
- 3 It's easier for people under forty to get a job, than those over forty.
- 4 The longer you live, the more eccentric you become.
- 5 Companies which sell anti-ageing products don't want people to feel good about themselves.

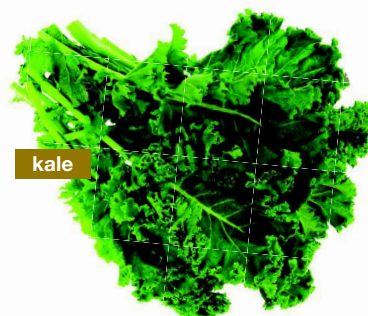
- c Choose one person for each statement to present your ideas and experiences to the class. Take a class vote on who agrees and disagrees with each statement.



chard



sprouted oats



kale

STUDENT'S WORKSHEET

Warm Up

- 1) How old is the oldest person you know or have known personally?
- 2) Who is he/she?
- 3) What do you think he/she would say is the secret to a long life?

DVD Preview

A. Check your vocabulary: longevity, antioxidant, centenarian.

B. Make the collocations:

1. <i>keep</i>	a) some gentle exercise
2. follow	b) into monotonous routines
3. do	c) a sensible diet
4. don't fall	d) mentally active
5. avoid	e) a positive attitude
6. stay	f) <i>healthy</i>
7. maintain	g) depressed
8. don't become	h) stress

C. Which two factors do you think are the most important for a long life?

DVD View

A. Watch the video, then answer the following question: What are the *two main reasons* mentioned for why Okinawans live such long lives?

B. Are the statements true or false? Watch the video again and check your ideas.

1. Okinawa has double the percentage of people than Britain and America has.
2. The Okinawans think a lot about the effect of their lifestyle on their longevity.
3. The Okinawan diet is rich in antioxidants and protein from meat and eggs.
4. The Japanese saying *hara hachi boo* means eat about a thousand calories a day.
5. Bradley sees the attitude towards eating as different from in the West.

Speak out!

1. How easy do you think you would find it to live in Okinawa? Is there anything you would find difficult?
2. Would you like to be a centenarian? Why? (Why not?)
3. What are advantages and disadvantages of living to a very long age?

Use the following phrases:

The first point I'd like to make is that . . .

I would like to start off by saying that . . .

I honestly feel that ...

There's no doubt that ...

I'm convinced that ...

You can't deny that ...

I strongly believe that ..

I see your point on ..., but...

Encourage (or help) them to use some of the vocabulary taught during the lesson.

Script:

N: The remote island of Okinawa is home to one of the longest living communities in the world. In a population of only one million there are nine hundred centenarians, a percentage that's over four times higher than Britain and America. It's a place where age has a different meaning. Where people like Mr Miyagi can expect to live way beyond his 92nd year. Unaware of the latest diet or lifestyle fad, Mr Miyagi has developed his own way of defying the ageing process.

C: They're not thinking about 'Gee, if I do this I'm not gonna live as long if I . . . I have one extra drink or if I eat this food or . . . ' - they're not thinking about that at all. Most of them couldn't care less what the scientists think -they just go about their business and live. They just happen to live a very long time.

N: The explanation for this extraordinary phenomenon begins in the most ordinary of places. Like every town in Okinawa the fruit and vegetable shop in Agimi lies at the heart of village life. It's here that Bradley and Craig believe the source of the Okinawa miracle can be traced. For the past twenty years Bradley and Craig have been analysing the life-enhancing Okinawan ingredients.

C: Got reds here in the tomatoes, the peppers, you've got green peppers here.

N: They've identified a number of crucial properties that guard the Okinawans from disease, from the antioxidant-rich vegetables that protect against cell damage, to the high quantities of soya proteins. In gimi, one hundred year old Matsu is preparing a traditional Okinawan dish using all the vital ingredients. It's only after the food is served that the most significant Okinawan tradition can be observed. C: The Okinawans developed also cultural habits over the years that appear to have health protective properties. They have a saying called 'hara hachi bu', eat until you're only eighty per cent full.

N: In a typical day, Matsu only consumes around twelve hundred calories, about twenty per cent less than most people in Britain and America.

C: In the West we're very much focussed on getting more for our money and one of the most popular things is these-all-you-can-eat restaurants. You go and you load up at the, at the, the all-you-can-eat restaurant and you, you walk away with this bloated feeling and you ... you may have got your money's worth but you probably didn't get your, your health's worth because what you're doing is just digging yourself into an early grave.

WHY ARE UNHEALTHY PEOPLE SO RELUCTANT TO CHANGE THEIR LIFESTYLES?

It takes more than a wake-up call, even a life-threatening one, to get smokers, diabetics and obese people to give up their unhealthful ways.

Amazingly, people who have already suffered heart trouble, diabetes or other lifestyle-related illnesses —people who intimately know the consequences of their behaviors — often have an especially hard time turning things around. It seems it takes more than a wake-up call, even a life-threatening one, to get people to give up their unhealthful ways.

At least 40% of smokers who survive a heart attack are still puffing away a year later.

And you might think that an overweight person would slim down after a heart attack. But often, not so. Researchers at Washington University in St. Louis followed a group of more than 1,200 overweight men and women for a year following a heart attack. Their study, published in the American Heart Journal in 2007, found that individuals lost an average of just 0.2% of their body weight. For a 220-pound man, that would translate to less than 1 pound of weight loss.

If a heart attack isn't enough to get a person's attention, what about cancer? You can probably guess by now. In a 2008 study in the Journal of Clinical Oncology, Canadian investigators examined the lifestyles of more than 9,000 cancer survivors and found that only a few had made the switch to a healthful lifestyle. Although most had given up smoking, fewer than 20% were consuming five servings of fruits and vegetables a day and less than half were engaging in regular physical activity. Only 1 out of every 20 survivors was following all three principles of healthful living.

After a serious illness, lifestyle changes often have the potential to dramatically improve a person's overall health and quality of life. In fact, lifestyle factors such as smoking, diet and physical activity strongly influence how rapidly many diseases will progress.

Researchers at Brigham and Women's Hospital in Boston examined the effect of smoking cessation on the risk of dying after a heart attack. Their work, published last year in the Journal of the American College of Cardiology, found that smoking significantly decreases life expectancy after a heart attack and that smokers' prospects improve dramatically if they give up the habit. Individuals who quit after their first heart attack were 37% less likely to die of another attack compared with those who continued to smoke.

Other studies have found that heart attack patients who go through exercise-based rehabilitation reduce their risk of dying by about 30%.

The power of lifestyle changes isn't unique to heart trouble. Quitting smoking improves the outcome of diseases such as diabetes and emphysema, while weight loss improves asthma, sleep apnea and many other conditions. The benefits of physical activity extend well beyond the heart too. Exercise can be helpful in combating depression and controlling high blood pressure. There's also some evidence that it has a protective effect against some types of cancer. Several studies have demonstrated that women with breast cancer who participate in regular physical activity reduce their risk of breast cancer deaths by 50% or more compared with those who remain physically inactive.

But not all patients get this message, partly because doctors often fail to provide sufficient counseling and guidance. Researchers at the Centers for Disease Control and Prevention asked more than 1,600 cancer survivors if their physicians had discussed lifestyle issues with them following their diagnosis. Only 30% had received guidance about diet, just 1 in 4 had been given exercise recommendations and less than half had been asked about their smoking habits.

Even patients who know they should adopt more healthful habits and are determined to do so have trouble, however. "A lot of people don't change because they don't know how to change," says Janice Prochaska, president of Pro-Change Behavior Systems, a behavior change firm. Getting people to alter their habits is extraordinarily difficult, and, for most people, it isn't something that happens overnight, she says.

Change is hard, but it's not impossible. People first have to recognize that the benefits of changing their lifestyle will outweigh the investment of time and energy (not to mention the hassle) it's going to take to make it happen.

After that, there's a period of preparation most people go through. Rather than jumping straight into action, they begin by making small adjustments in their lifestyle. Someone committed to increase his or her activity level, for example, may go for a few short walks; someone attempting to lose weight might start to scale back on desserts.

Trying to rush through the steps of change too quickly can be a setup for failure. "Some people who jump too quickly into action regress and then feel demoralized," Prochaska says.

It's hard to think of illness as an opportunity but, in fact, for many people it is. It's an opportunity to stop pretending that our bad habits don't hurt us and to take the initiative to make healthful change.

Or at least it should be.

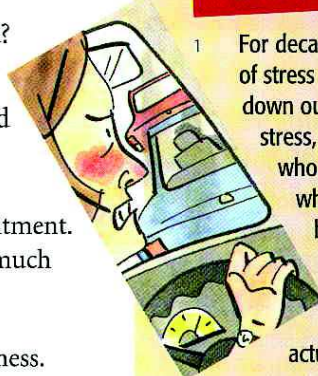
May 23, 2011/By Valerie Ulene, *Special to the Los Angeles Times*

6 READING

- a What symptoms do people have when they feel stressed?
- b Which *three* of these things do you think are the most stressful? Number them 1–3 (1 = the most stressful) and compare with a partner.
- ☐ Packing for a trip at the last minute.
 - ☐ Being stuck in a traffic jam when you have an appointment.
 - ☐ Writing a report for your boss when you don't have much time to finish it.
 - ☐ Running for a bus or train.
 - ☐ Looking after a family member who has a chronic illness.
 - ☐ Shopping in your lunch break.
 - ☐ Programming a DVD player using the instruction manual.
- c Read the article once quite quickly and then tick (✓) the activities that are bad for your health. What does the article say about the others?
- d Read the article again more slowly. Circle the correct *main idea* for each paragraph.
- 1 a Being in traffic jams is bad for our health.
b Some people think that not all kinds of stress are bad for us.
c Doctors don't agree how we can reduce our levels of stress.
 - 2 a Young people suffer more from stress than older people.
b Alzheimer's is one of the illnesses many old people suffer from.
c Good stress stops us from getting ill.
 - 3 a Situations which produce good stress are always short term.
b Some stress can make our cells stronger.
c Too much protein can make us ill.
 - 4 a We need some stress to exercise our cells' self-repair mechanism.
b Doing physical exercise makes us feel less stressed.
c Packing your suitcase in a hurry is an example of good stress.
- e Complete the sentences using words from the article.
- 1 When we try to do less of something, we try to c _____
d _____ (paragraph 1).
 - 2 An illness that you have for a very long time is called a c _____
illness (1).
 - 3 Something which is good for us is b _____ (2).
 - 4 The verb to make something stronger is s _____ (2).
 - 5 Our body is made up of millions of c _____ (2).
 - 6 When we treat our body badly we d _____ it (3).
 - 7 Another word for illness is d _____ (3).
 - 8 Something which is bad for us is h _____ (3).
 - 9 Doing exercise helps to make our m _____ bigger and
stronger (4).
- f Use your dictionary to check the pronunciation of the words in e
- g Discuss these questions with a partner.
- 1 Do you agree with what you have read in this article? Why (not)?
 - 2 What kinds of 'good stress' do you have in your life?
 - 3 What other health stories have you heard about recently?
Do you pay much attention to them? Do you believe them?

➤ p.157 Phrasal verbs in context File 1.

Get stressed, stay young



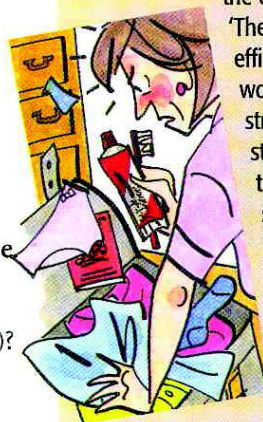
- 1 For decades doctors have warned us about the dangers of stress and have given us advice about how to cut down our stress levels. Everyone agrees that long-term stress, for example having to look after someone who has a chronic illness, or stressful situations where there is nothing we can do, for example being stuck in a traffic jam, is bad for our health and should be avoided whenever possible. However, some medical experts now believe that certain kinds of stress may actually be good for us.

- 2 Dr Marios Kyriazis, an anti-ageing expert, claims that what he calls 'good stress' is beneficial to our health and may, in fact, help us stay young and attractive and even live longer. Dr Kyriazis says that 'good stress' can strengthen our natural defences which protect us from illnesses common among older people, such as Alzheimer's, arthritis, and heart problems. He believes that 'good stress' can increase the production of the proteins that help to repair the body's cells, including brain cells.

- 3 According to Dr Kyriazis, running for a bus or having to work to a deadline are examples of 'good stress', that is situations with short-term, low or moderate stress. The stress usually makes us react quickly and efficiently, and gives us a sense of achievement – we did it! However, in both these situations, the stress damages the cells in our body or brain and they start to break down. But then the cells' own repair mechanism 'switches on' and it produces proteins which repair the damaged cells and remove harmful chemicals that can gradually cause disease. In fact, the body's response is greater than is needed to repair the damage, so it actually makes the cells stronger than they were before.



- 4 'As the body gets older, this self-repair mechanism of the cells starts to slow down,' says Dr Kyriazis. 'The best way to keep the process working efficiently is to 'exercise' it, in the same way you would exercise your muscles to keep them strong. This means having a certain amount of stress in our lives.' Other stressful activities that Kyriazis recommends as being good stress include redecorating a room in your house over a weekend, packing your suitcase in a hurry to reach the airport on time, shopping for a dinner party during your lunch break or programming your DVD or video recorder by following the instruction manual.



From The Times

So next time your boss tells you that she wants to see that report finished and on her desk in 45 minutes, don't panic; just think of it as 'good stress' which will have benefits for your long-term health!