

HEALTHY LIFESTYLE

SPEAKING

1. Talking points. Read the following health quotes and find the ones with similar meaning. Agree or disagree with the quotes. Give reasons for your opinion. (Use the opinion phrases given below.)
 - 1) "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
 - 2) "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
 - 3) "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
 - 4) "If I'd known I was going to live so long, I'd have taken better care of myself". Leon Eldred
 - 5) "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*
 - 6) "Those obsessed with health are not healthy; the first requisite of good health is a certain calculated carelessness about oneself". Sydney J. Harris

Giving your opinion

- It's a complicated/difficult issue, but ...
- I've never really thought about this before, but ...
- I could be wrong, but .../ I may be wrong, but ...
- Some people may disagree with me, but ...
- I'm no expert (on this), but ...
- For me/ From my point of view, ...
- In my view,...
- My (point of) view (on this) is that ...
- In my opinion / My opinion is that ...
- You probably won't agree, but ...
- My personal opinion is that / Personally, my opinion is that ...
- This is just my opinion, but ...
- To be honest / In my honest opinion / Frankly, ... / To be (perfectly) frank, ... (*when you are going to say something unexpected*)
- I have no doubt that / I'm certain that ...
- I'd definitely say that ...
- I'm (absolutely) certain that .../ I do believe/ feel/think ...
- I'm fairly confident that ... / I'm pretty confident that ...
- I'm positive that ...
- Without a doubt, ...

2. 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. Report to the class what you have learnt from your partner and the resolutions you have made..

Lifestyle Habits

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?

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?

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? Smoking, alcohol - Is it a problem?

Lifestyle risks

Do you wear protective equipment - helmets, safety goggles, seat belts etc.? Do you get shots to be immunized against dangerous diseases?

Environment

What things are you at risk of due to your environment? How can you protect yourself against the exposure to these health hazards?

3. Health Care - When was the last time you went to a dentist? When was the last time you went to a doctor? When was the last time you went to a hospital? When was the last time you were sick? When you were in high school, how many days of school did you miss each year because of sickness? How do you deal with stress?

READING AND SPEAKING

1. 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
 - 4) life (in your opinion)?
2. Choose three most important factors according to their impact on our health (the most important ones being at the top of the list).

- Genetics
- Gender
- Education level
- Culture
- Social environment
- Family
- Health care quality
- Income
- Individual lifestyle habits
- Physical environment

3. Read the article and write out the useful vocabulary to support your point of view on the three health determinants you have chosen. Report to the class using the vocabulary you have written out.

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.

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. Throughout your life, the number and strength of your relationships affect your mental and physical wellbeing. The benefits of social connections and good mental health are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships. Strong, healthy relationships can also help to strengthen your immune system, help you recover from disease, and may even lengthen your life.

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.

Gender - Men and women suffer from different types of diseases at different ages. Women and girls are more likely to injure their knees when playing sports, in part due to their knee and hip anatomy, imbalanced leg muscle strength, and looser tendons and ligaments.

Genetics. People's general health is partly determined by their genetic makeup. In many diseases genetic factors are important. This means that part, or all of the risk, is passed down from one's parents. Certain diseases are caused by an abnormality in one single gene. It is estimated that about 25 percent of the variation in human life span is determined by genetics, but which genes, and how they contribute to longevity, are not well understood.

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. More educated people are less likely to be hypertensive, or to suffer from emphysema or diabetes. Physical and mental functioning is also better for the better educated. The better educated are substantially less likely to report that they are in poor health, and less likely to report anxiety or depression.

Culture. Cultural, social, and family influences shape attitudes and beliefs and therefore influence health literacy. Cultural health beliefs affect how people think and feel about their health and health problems, when and from whom they seek health care, and how they respond to recommendations for lifestyle change, health-care interventions, and treatment adherence.

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.

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 and happy from all perspective.

4. Make a list of the useful vocabulary on the topic "Healthy Lifestyle".

5. Prepare for a five-minute teaching. Make a translation exercise based on the vocabulary list from the previous exercise. Pre-teach your classmates the vocabulary you have written out and let them do the translation exercise. Evaluate their performance using the classroom phrases given below. (See more classroom English phrases at http://englishhobby.ru/teacher_talk_classroom_english/)

Classroom English: Evaluating Performance

- Excellent! Perfect! Brilliant! Fantastic!
 - Magnificent! Terrific! Superb!
 - Fantastic job! Wow! You're a star!
 - Marvellous.
 - Great stuff! You're doing great! Keep it up!
 - Very fine. Hooray for you!
 - That's better than ever! Super work!
 - Phenomenal! Exceptional performance.
 - You made my day. That's very good.
 - Well done! Good job!
 - Way to go! Very good! Great you are! That's exactly the point.
 - That's just what I was looking for.
 - You're getting better at it all the time.
 - You've improved no end. You've got the idea.
 - That's (much/a lot) better.
 - You are improving. You have made a lot of progress.
6. Write an interview between a specialist in some field and a journalist about the influence of various factors on our health.

LISTENING, READING AND SPEAKING

1. Answer the questions.
 - 1) How many hours of sleep do you need daily?
 - 2) If you don't sleep enough, how do you feel and look?
 - 3) Do you try to go to bed and get up at certain hours every day?
 - 4) What is good about it?

2. Before listening to the recording, discuss the following questions based on the audio.
 - 1) Why do 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?

3. Listen to the radio interview and check your answers.
4. Look at these headings for four tips for people who have problems getting to sleep. What do you think each tip involves?
 - 1) Acknowledge distractions
 - 2) It is as it is
 - 3) Everybody out!
 - 4) Compile a playlist
5. Read the article below and match the headings with tips A-D.

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 ¹too 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 ²it's no use trying to go to sleep and you ³may as well get up. Here are four tips to help you get to sleep quickly:

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 ⁴it's time to sleep, turn the volume down as low as possible.

When you're trying to fall asleep it's very easy to become irritated by background noises. However, sometimes ⁵the 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.

Imagine your body is full of tiny people all working away with hammers. Announce that their shift is over so they ⁶d 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.

⁷There'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!

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 *to* + passive infinitive
- b *to* + perfect infinitive
- c passive gerund
- d 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.

6. Work in pairs. Do you think the tips from the article “Top Tips to Help You Sleep” would work for you? Discuss and report to the class your partner’s point of view.

LISTENING AND SPEAKING

1. Look at the eight sleeping habits and rank them according to their importance for you.

8 healthy sleep habits

- Set a consistent sleep schedule. Go to bed at the same time and wake up at the same time.
- Create regular bedtime rituals. ...
- Get regular exercise. ...
- Keep a healthy diet. ...
- Limit caffeine and avoid nicotine. ...
- Avoid alcohol. ...
- Keep naps short. ...
- Use your bedroom for sleep only.

2. 3.48 Emp 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?

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

yoga – studio –
20 other people –
husband

artist – image –
dream – therapeutic

Papua – village –
sunset – fire –
sweet potato

3. Listen to the programme. Were your ideas correct?
4. Match the expressions from the recording and the meanings.

- 1 sleeping well or too long
- 2 not sleeping or not sleeping well
- 3 falling asleep
- 4 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

5. Match the idiomatic expressions from the audio and their meanings. Find them in the script and comment on their use in the context.

<ol style="list-style-type: none"> a) fill sb in on sth b) get up to sth c) be itching to do sth d) slip away e) too bold a claim f) be full of beans g) a surrealist h) work through sth 	<ol style="list-style-type: none"> 1) want to do something as soon as possible 2) an overstatement 3) (informal) do something interesting, surprising, naughty, etc. 4) understand and resolve a problem using a gradual process 5) have a lot of energy and enthusiasm 6) leave without disturbing others 7) tell somebody something they don't know, but want/need to know 8) an artist who creates works in which unusual/impossible things are happening
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SCRIPT FOR Audio 3.48

PRESENTER Good afternoon. Well, some of you saw the article on our website last week. It explained how an eight-hour sleep may not be good for your health after all. And how people used to have what scientists call 'segmented sleep', which means they had two sleeps every night, not one. Well, we've had lots of people calling in to tell us that they do, in fact, sleep in two separate chunks and they've been filling us in on what they get up to at night. First of all, we've got Matt from Brighton on the line. Hi Matt ... so, tell us what you do at night.

MATT Yeah I usually go to sleep around ten or eleven. I naturally wake up at about one in the morning or two in the morning. I feel quite wide awake and restless. Then I get tired again at around three am, I drop off to sleep until about seven o'clock or so. My friends have always made fun of my sleep patterns. 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 and it would disturb her.

P Right, of course! So what did you do about that? M Well, I actually decided to use the time creatively. Now, I walk around Brighton taking pictures in the night. Some people might be a bit nervous walking around at er, y'know, two in the morning, but it is actually a really beautiful time to be out, you have the whole city to yourself and it is really, really great for taking photos. There was a wild storm last night and a full moon, so I was itching to get out there with my camera.

P Right, well thanks Matt. So that's one idea if you're suffering from insomnia – get out there and take some photos. Now, we have Saba on the line from Amsterdam, in the Netherlands. Saba?

SABA Yes, hi, how are you?

P You also get up at night?

S Yes. I've always been a light sleeper, I don't really sleep much um ... I wake up at about four am every night to practise er yoga. I, I love yoga. Most of the time I do it at home but er once a week, I drive to this really great yoga studio in Amsterdam, and I practise there with about 20 other people and we've all really become friends now.

P So they all get up, every night?

S Yes, er, we all have er the same pattern now. 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.

P OK, so you just slip away and go to your yoga class.

S Well I try to, yes. Depending on how busy the day is.

P And now we have Bernie from Manchester.

BERNIE Hi.

P Tell us about your sleep pattern.

B Well um ... I'm an artist, er if that's not too bold a claim. I also work as an art teacher. And the way it works for me is most nights I tend to wake up in the middle of the night, feeling great, wide awake, full of beans, feeling very creative. Er ... and usually I have a very strong image in my head that I've usually got from a, a dream. And what I do is I get up, er, get my paints out and I paint a picture.

P A picture? From your dream?

B Yes, that's right. Yeah, most of my work comes from dreams. Quite literally I'm a surrealist, I suppose. Yeah, it helps me to deal with issues and um ... work through things. I find the whole process of dreaming very therapeutic.

P Interesting. And then you go to sleep again.

B Yeah, I mean what tends to happen is I go back to bed, and then I'll drift off to sleep for a couple of hours. But I'm, I'm always up at seven o'clock. After all, I've got to teach at art college.

P You never oversleep?

B No, no, I'm always fine. Er sometimes I will have a nap later in the day – I'm not as young as I was – y'know, after lunch.

P Thank you, Bernie. So Bernie has three sleeps, two at night and one in the afternoon. I think I'll try that one myself. And lastly we have Iain, who grew up in Indonesia.

IAIN Hi there, yes.


P Iain, tell us about it.

I Ah yes, um ... well it's quite interesting. I grew up among the Yali people in Papua, which is er, part of Indonesia. My parents lived in a very remote area. My mum was a medical worker and Dad was an anthropologist, and we all lived in a remote village. I lived there until I was 16, and er, as a child I used to camp and go hunting with my, my friends in the Yali tribe. We would go to bed more or less after sunset and we always woke up during the night.


P The whole village?

I Yes. Um ... we'd, we'd hear people talking, y'know, someone would start a fire. Sometimes we would eat er sweet potato before going back to sleep until about five thirty or six. At home with my parents, y'know, I would get the regular eight-hour sleep, but with my friends, I slept like they did – it just seemed more natural.


P OK, thanks Iain, very interesting. And now we're going to listen to ...

 **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**.

 **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!**

 Talk about your sleeping habits using expressions from **the previous exercise**.

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

WATCHING AND SPEAKING

1. 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 conversational phrases given below. Report to the class.
 - After much thought, ...
 - As I see it, ...
 - Correct me if I'm wrong, but ...
 - I have come to the conclusion that ...
 - I might change my mind later, but ...

- I reckon/suppose ...
 - I tend to think that ...
 - I've always thought that ...
 - If you ask me, ...
 - I'm (absolutely) convinced that ...
 - It could be said that ...
 - It seems clear to me that ...
 - It would seem to me that ...
 - Not everyone will/would agree with me, but ...
 - Personally speaking / Speaking for myself, ...
 - The way I see it (is) ...
 - To the best of my knowledge, ...
 - What I think is ...
 - You could say ...
2. Watch the video “6 ways that Gender affects Health” at <https://youtu.be/963kLMjdYZI> and name the six key ways affecting health mentioned in the video. What’s the difference between sex and gender? Between health inequity and health inequality?
3. Work in pairs. Discuss the six ways that gender affects health mentioned in the video and if you agree or disagree. Work out more ways in which gender affects health. Report to the class.

READING AND SPEAKING

1. Talking points. Read the following health quotes and find the ones with similar meaning. Agree or disagree with the quotes. Give reasons for your opinion. (Use the opinion phrases given below.)
- 1) “Diseases of the soul are more dangerous and more numerous than those of the body”. Cicero
 - 2) “The part can never be well unless the whole is well”. Plato
 - 3) "Our own physical body possesses a wisdom which we who inhabit the body lack. We give it orders which make no sense." Henry Miller
 - 4) “Be careful about reading health books. You may die of a misprint”. Mark Twain
 - 5) “When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease”. Terri Guillemets
 - 6) “Exercise is bunk. If you are healthy, you don't need it: if you are sick you should not take it”. Henry Ford

Giving Opinion

- After giving this matter some (serious) thought, ...
- As far as I'm concerned, ...

- As the old saying goes, ...
- Having given this question due consideration, ...
- I am of the opinion that ...
- I can't help thinking that ...
- I know this is a minority view, but / I'm in the minority in thinking that ...
- I tend towards the opinion that ...
- I think it's fair/reasonable to say ...
- I'll tell you what I think, ...
- I'm entirely/quite convinced that ...
- I've come to the conclusion that ...
- If I must come up with an opinion / If you (really) want my opinion, ...
- In my limited experience, ...
- It could/might well be that ...
- Know what I think? ...
- My opinion was best expressed by ... when s/he said/wrote ...
- My view/position on this (issue) (is clear and) is that ...
- Off the top of my head, ...
- Plainly, ...
- Quite frankly, ...
- There is a part of me that says ...
- This may well be controversial, but ...
- To my mind / To my way of thinking, ...
- To summarise my (rather complex) views on the matter, ...
- What I always say is ...
- With some reservations, ...
- Without a shred/shadow of doubt, ...
- You'd have to be crazy not to agree that ...

2. Read the article and make a list of reasons why unhealthy people are reluctant to change their lifestyles.

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**. 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

3. Give Russian equivalents to the English phrases in bold.
4. Work in pairs. Write a Russian-to-English dictation-translation with the phrases from the text (take turns dictating to each other. Check each other's translations.
5. Make a list of changes you would like to make to your bad lifestyle habits and a list of reasons that prevent you from altering them. Report to the class commenting on each point of your list.

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 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 that introduces the condition.

d  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.

WATCHING AND SPEAKING

1. Watch the video at <https://youtu.be/wva1rclob1g> and answer the questions.

- 1) Why doesn't Stephany want to order pizza?
- 2) Why can't Daniel stick to a diet?
- 3) What advice does Stephanie give to Daniel?

1. Talking About Diet



Daniel: I'm hungry. Shall we order? Pizza?

Stephanie: No, not for me. I'm on a diet.

D: Really? How come?

S: I've just been eating really badly lately. I'm not trying to lose weight; I just want to eat more healthily. It's nothing drastic; I'm just trying to stay off junk food, fried food, get my five a day, and so on.

D: Yeah, I should probably think about that, too. I eat a lot of takeaways and packaged food, and I definitely don't eat enough fruit and vegetables. I doubt it's good for me. I can

never stick to a diet, though.

S: I know what you mean. I think it's better to make small changes. That way, you don't have to think about it too much.

D: True, but I have such a sweet tooth. I find it really hard to resist anything sweet: cakes, chocolate, biscuits... If someone offers something like that to me, I can't say no.

S: Another tip that someone told me which works well: plan your meals in advance. It works for me, at least.

D: That's a good idea.

2. Fill in the gaps.

- 1) I'm not trying to weight.
- 2) I'm just trying to off junk food.
- 3) I'm trying to get my a day.
- 4) I can never to a diet.
- 5) I have such a tooth.

3. Fill in the missing words

- 1) I'm not trying to weight.
- 2) I'm just trying to stay off junk food.
- 3) I'm trying to get my five a day.
- 4) I can never stick to a diet.
- 5) I have such a sweet tooth.

4. Talking About Bad Habits

Stephanie: Beer?

Daniel: Oh, no thanks. I'm trying to cut down.

S: Really? I didn't think you were a big drinker.

D: I'm not, but I'm trying to quit smoking. I've tried five times, and this time I'm determined to make it stick. I associate smoking with drinking, so I feel like it's easier not to drink, too.



S: That makes sense. I've heard a lot of people say similar things. So, how's it going?

D: It's been two weeks, which is pretty good. I still get cravings but they're not as strong as they were. I feel much better already, though.

S: I guess I'm lucky that I've never been tempted by smoking. Coffee is my vice. I've tried to cut down, but I could never give it up completely.

D: Well, coffee's not so bad, in moderation.

S: Yeah... Does six cups a day count as 'moderation'?

D: Hmm...

5. Complete the sentences.

- 1) I'm trying to cut d.....
- 2) I didn't think you were a big d.....
- 3) I still get c.....
- 4) Coffee is my v.....
- 5) Coffee's not so bad, in m.....

6. Explain these words in English, and give examples.

- 'Cut down'
- 'A big drinker'
- A 'craving'
- A 'vice'
- 'in moderation'

7. Use this language to talk about your life. (Do you have any bad habits? Are you trying to cut down on anything at the moment?)

8. Talking About Work-Life Balance

Daniel: You seem a bit down. Everything OK?

Stephanie: Urgh... I have too much work!

D: You always say that.

S: Yes, but I'm really under a lot of pressure right now. I feel stressed all the time, and I have no time for myself.

D: That doesn't sound healthy. You can't just work all day every day. You'll burn out eventually.

S: I know, but what can I do? Every week there are deadlines, calls, meetings, problems... It never stops.

D: I don't know, but I think work-life balance is really important. Since I moved companies two years ago, I make a lot less money, but I'm much happier. I don't regret it. You only get one life; you can't spend it all in the office.

S: You think I need to change jobs?

D: I don't know, but I think you need to have time and energy for your personal life. Otherwise, it's difficult to feel good about life.

9. Watch the video again and write answers to the questions.

1. Do you have a good work-life balance?
2. What happens if you work too hard?
3. What can you do to make your work-life balance healthier?


Do you have a good work-life balance? Yes, pretty good in general. I work hard, but I make sure I stop at six o'clock at the latest, and I don't take work home with me or work at the weekends.


If you work too hard, you'll feel stressed and miserable, and you won't have time or energy for other important parts of your life.

I think it's good to have a fixed routine, so you start and finish, and take breaks, at the same time every day. Also, it's important to say 'no' to other people sometimes, so that you don't have too much to do.

10. Imagine that you are watching a blog. Share your answers to the questions from the previous exercise in the comments.

READING AND SPEAKING

a  Would you like to live for 1,000 years?
Why / Why not?

b  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?

c Read the interview with a scientist, Aubrey de Grey. How does he answer the question in 2a?

d 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



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

¹With 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.

2What'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.

3Why 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.

4Is 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.

5You 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.

WATCHING AND WRITING

1. Answer the questions.
 - 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?
2. Check your vocabulary: longevity, antioxidant, centenarian.
3. Make the collocations.

1. keep	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) healthy
7. maintain	g) depressed
8. don't become	h) stress

4. Which two factors do you think are the most important for a long life?
5. Watch the video, then answer the following question: What are the two main reasons mentioned for why Okinawans live such long lives?
6. 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.

7. Read the script and write out all the useful expressions on the topic "Healthy Lifestyle".
Make sentences of your own with them.

SCRIPT

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 focused 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.

8. Answer the questions.

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

9. ESSAY. In the developed world, average life expectancy is increasing. What problems will this cause for individuals and society? Suggest some measures that could be taken to reduce the impact of ageing populations. Write an essay (no fewer than 300 words). 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...

SPEAKING

In pairs or small groups, discuss the following blocks with questions. Take notes of some points mentioned by other students that you found surprising, interesting or worth discussing further. Report to the class the results of the discussion of each block in your group.

A.

- 1) Why do many people try to have a healthy life style?
- 2) What is the main purpose of it?
- 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) Do you have a snack every time you are hungry or do you wait for the lunch or dinner?

B.

- 1) What is better for health?
- 2) 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?
- 3) What is healthy about not eating after 6 p.m?
- 4) Do you try to follow this rule?

- 5) Are you a success?
- 6) Is obesity a great problem in where you live?
- 7) Why are there so many obese people in the US?

C.

- 1) What are the most efficient ways to loose weight?
- 2) Do you think diets are useful or not?
- 3) Have you ever tried to go on a diet?
- 4) What kind of diet was it? Did it work?
- 5) Is physical activity (jogging, going to a gym, swimming pool) an important part of a healthy life style?
- 6) Can you tell a physically inactive person from someone who takes care of his\her physical condition?
- 7) What are the main differences?

D.

- 1) What is your attitude to smoking?
- 2) What is the influence of smoking on health?
- 3) What about passive smoking?
- 4) Is it hard to give up smoking?
- 5) Do you know someone who gave up smoking?
- 6) What is the best way to give up smoking?
- 7) What is a healthy dose of alcohol?

E.

- 1) How mush beer, wine or vodka you can drink daily without any damage to your health?
- 2) What is the damage of alcohol abuse to health?
- 3) Do you often find yourself under stress?
- 4) What are the areas of your life where stress situations take place more often? Work? Family? Relationships with friends? While commuting to work?
- 5) How do you usually cope with stress?
- 6) Is there any connection between the person's style of life and the duration of his life?
- 7) 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?