HEALTH & WELL-BEING

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

Josh Billings (1818 – 1885), American humorist

1. Health & Well-being Discussion

1. Would you say you lead a healthy lifestyle?
2. What are some things that people do that damage their health? What do you do that isn't good for your health?
3. Have you ever made any changes to your life for health reasons?
4. What is the ideal amount of sleep per day? Do you think you get enough sleep? How does it affect you if you don't get enough sleep?
5. What are the most important health issues in your country? How about in the world?
6. What is more important, a healthy mind or a healthy body?
7. Do you ever meditate? If so, how does this help you?
8. Do you think enough is done to care for those with mental health problems, or do you think mental health is being ignored by society? If the latter, why is this and what can be done?

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2. Health & Well-being Vocabulary

- **to kick a habit** (verb) – *to stop doing something negative or harmful, especially to your health.*
- **to keep fit** (verb) – *to take actions to stay in good health.*
- **gym bunny** (noun) – *a person who spends a lot of time in the gym, especially building up muscles.*
- **(as) fit as a fiddle** (adjective) – *to be in good health.*
- **under the weather** (adjective) – *to feel unwell.*
- **an apple a day keeps the doctor away** (saying) – *eating apples is good for your health.*

Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun)

1. I don't think I'm going to be able to come into work today; I'm feeling a bit _____.
2. He's a real _____; he's there every day lifting heavy weights.
3. Despite being 35 years old, Ronaldo is still _____.
4. My grandma always gave us fruit when we visited her; she always said _____.
5. Smoking is terrible for your health. You really need to _____ that _____.
6. The best way to _____ is to do plenty of exercise and eat a balanced diet.

Health & Well-being vocabulary comprehension questions

1. Which habits have you kicked?
2. What are the best ways to keep fit? How do you keep fit?
3. Are you a gym bunny?
4. Who is fit as a fiddle?
5. When was the last time you felt under the weather?
6. Do you agree that eating an apple a day keeps the doctor away?

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3. Video: Fitness Obsessions

You are going to watch a SBS News video called "Exercise Addiction."

Watch the video here: https://yourenglishpal.com/blog/esl-conversation-lesson-plan-health-well-being/

While you watch the video, answer the following questions:

Multiple choice

1. How old is Sarah?
   a) 23 *b) 24* *c) 25*
2. How long does Sarah work out for every day?
   a) up to 4 hours *b) up to 5 hours* *c) up to 6 hours*
3. How does Sarah feel if she doesn't exercise?
   a) relaxed *b) satisfied* *c) guilty*
4. Why did Sarah have to drop out of her studies to be a personal trainer?
   a) money reasons *b) time reasons* *c) health reasons*

Sentence completion

5. Sarah wants a thin body so she will be _____ by others.
6. Sarah was never happy with her _____ because she always thought she was a bigger girl.
7. When Sarah was hospitalised, her mother thought she was going to _____.
8. To recover from anorexia, Sarah had to _____, and that's when her exercise addiction kicked in.

Short answer

9. What kind of ideals found on the internet have fuelled exercise addition?
10. Fitness apps are designed to what?
11. Sarah's physical appearance is more important than her what?
12. Body image, eating or exercise can become the sole source of what for some people?

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4. Health & Well-being Conversation Questions

1. What effect on our health does the modern world have? Is it possible to remain healthy in the modern world?
2. Where do you get your information about health from? How do you know if you can trust all the health information we have access to these days? Have you ever seen any health information that you think might be wrong or misleading?
3. Should people who lead unhealthy lifestyles and fail a medical exam have to pay an extra tax to lessen the burden on the healthcare system? Why or why not?
4. Do you think people are too obsessed with their health these days? Do people worry too much about it? If so, why do you think this is? Is this a good thing or a bad thing?
5. Do you think people are healthier today than in the past? Why or why not?
6. Do you think people will be healthier in the future compared to today? Why or why not?
7. What will the most important health issues be in the future?
8. Do you think people will be able to live forever in the future? Would you like to live forever? Why or why not?

5. Health & Well-being Writing Task

Write about your opinion of how to lead a healthy lifestyle. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, include the following topics:

- Some of the major health problems of the modern world.
- The best ways to stay healthy.
- What kind of health problems we might see in the future.

Alternative exam practice question:

In many countries around the world, people are becoming less healthy. What are the reasons for this and what can people do to increase their fitness levels?

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