

1 Read the meaning of these words to help you understand the video.

Glossary

breathing (n) – the process of taking air into the body and letting it out again, or the sound of this

dizzy (adj) – feeling as if you or the things around you are spinning, especially when you think you are going to fall

encourage (v) – to suggest that someone does something that you believe would be good

fast food (n) – food that is made and served very quickly, especially food such as a burger, that you can take away with you

healthy (adj) – physically strong and not sick

routine (n) – your usual way of doing things, especially when you do them in a fixed order at the same time

shelter (n) – a temporary place to live for people who

do not have their own homes, or for animals who have been treated in a cruel way

skip (v) – to not do something, but to do the next thing instead

snack (n) – a small amount of food that you eat between meals

volunteer (v) – to offer or choose to do something without being forced and without getting paid

2 Look at the photo. Discuss with a classmate what the patient's problem could be.

No, I don't think so. Maybe he wants to lose weight.



I think he wants his hair to grow.



3 Circle the option that completes each sentence.

1 I am always tired, sometimes I feel _____.

- a sad b well c dizzy

2 Two times a _____ my wife and I go for a walk around the lake.

- a month b monthly c twice

3 I started _____ children to make cookies and cupcakes.

- a teach b taught c teaching

4 I hate _____ exercise!

- a do b doing c did

5 Start eating _____ fruits and vegetables.

- a a lot of b a few c much

4 Number the activities the patient does in chronological order.

- 1 Doing some volunteering at a homeless shelter. _____
- 2 Waking up at 7:30 am. _____
- 3 Feeding the ducks. _____
- 4 Going to work. _____
- 5 Watching TV. _____

5 Write *True* or *False* for the following sentences.

- 1 The patient has a donut and coffee for breakfast every day. _____
- 2 He eats Chinese food eight times a month. _____
- 3 He doesn't do anything on weekends. _____
- 4 The doctor recommends doing exercise and eating healthy food. _____
- 5 The patient lost 2 inches in 2 weeks. _____

AFTER WATCHING

6 Check (✓) the patient's activities that are unhealthy.

- 1 He eats hamburgers, pizza, and hot dogs.
- 2 He watches TV until 1:00 am.
- 3 He goes for a walk around the lake.
- 4 He eats snacks from the fridge at night.
- 5 He has started doing yoga with his wife.

7 Discuss in small groups the healthy and unhealthy activities you do. Write down your opinions about your lifestyle.

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WRAP IT UP