

## 9A *Staying healthy*

### Activity 1

- A** A: Let's describe these activities. I'll go first. Swimming looks strenuous and tiring, but fun.  
B: Really? It looks pretty dull to me. But I guess it's worthwhile.

### Activity 1

- B** A: What are the advantages and disadvantages of each activity?  
B: I've heard that swimming uses every muscle in your body.  
A: Yes, but it takes too much time to get to a pool, and it can be expensive.  
B: What are some other ways to exercise?  
A: Jogging is another way to exercise. You can do it almost anywhere.  
B: Why is it important to exercise and stay healthy?  
A: Exercising can help you feel better about yourself.

### Activity 1

- C** A: What advice would you give on leading a healthy life? OK. We have to add another idea.  
B: How about "Live in the countryside"?  
A: OK. Now let's number the ideas. I think the most important idea is to get regular exercise.  
B: I agree. So that's number 1. Next, I would say to avoid fatty and sugary foods.

### Activity 1

- D** A: Do you think we can agree on the three most important ideas?  
B: We think that getting regular exercise, avoiding fatty and sugary foods, and sleeping for eight hours a night are the most important. How about you?  
C: Well, we almost agree. Getting a good night's sleep is important, but we thought spending time with family and friends was more important.  
D: Which advice do you follow?  
A: I try to do something fun every day.  
B: What other things can you do to stay healthy?  
C: We think living in the countryside is a good way to be healthy.  
D: What do you usually do if you're not feeling well?  
C: It depends. If I'm feeling really sick, I go to the doctor.

### Activity 2

- A** A: Have you tried any of these treatments? What were they like?  
B: The last time I had a cold, I took herbal medicine. It didn't taste very good, but it really helped me.  
A: Would you try all the treatments?  
B: I probably would, but I'm a little worried that acupuncture might hurt.

### Activity 2

- C** A: What advice would you give Joseph, Amanda, and Brad?  
B: If I were Joseph, I'd take a hot bath.  
A: Good idea. And I'd tell Amanda to make some tea and put it on her sunburn.  
B: I've heard tea helps a sunburn. And Brad should just take an aspirin.

### Activity 2

- E** A: What's the best treatment for these problems?  
B: I think the best treatment for a cold is to get plenty of rest.  
C: Yes. It's also important to drink lots of fluids.

### Activity 3

- A** A: Let's try these exercises together.  
B: OK. First, slowly bend your head to one side. Hold it there for three seconds. Do the same on the other side. Repeat on each side three more times.  
A: Hey, this feels good.

## 9B *Coping with stress*

### Activity 1

- A** A: Who looks the most stressed? Have you been in similar situations?  
B: I think the person taking the test looks the most stressed.  
A: I agree. Taking a test is very stressful.

### Activity 1

- B** A: Let's think of another stressful situation. How about being interviewed for a job?  
B: That's a good one. Let's add that. What do you think is the most stressful situation?  
A: Definitely preparing for exams. I always get so nervous. I'm making that number 1.  
B: Really? I find shopping for gifts the most stressful.

### Activity 1

- C** A: How do you cope with the most stressful situations?  
B: For me, preparing for exams is the most stressful. I always try to imagine what questions I'll be asked and prepare answers for those.  
C: That's a good idea.  
D: For me, being stuck in traffic is the most stressful situation. I usually listen to the radio to try to relax.

### Activity 2

- C** A: Let's take this quiz. Do you find it hard to make decisions?  
B: Yes, sometimes I do. How about you?  
A: No, not me. I make decisions easily.

### Activity 2

- D** A: How many Yes answers did you have?  
B: I had four. How about you?  
A: I had six, so I guess I'm more stressed than you.

### Activity 3

- B** A: Have you tried these ideas? Which ones do you think are the best?  
B: I've tried not taking on more than one thing at a time. I've also tried taking a yoga class.  
C: I haven't tried taking a class in yoga, but I've heard it's a great way to reduce stress.  
A: What other stress-reducing techniques have you tried?  
B: I have a stress ball. Anytime I feel stressed, I squeeze it for a couple of minutes.  
C: What techniques would be useful for the people in Activity 2?  
A: Andrew could try going jogging or cycling. If he got more exercise, maybe he'd sleep later in the morning.  
B: Good idea! And Sonya should breathe deeply when she feels herself getting upset.