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КАФЕДРА ИНОСТРАННЫХ ЯЗЫКОВ

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# **ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ**

Учебно-методическое пособие



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В издание включен аутентичный материал и комплекс упражнений, предусматривающие формирование речевых навыков и умений с учетом принципа индивидуализации обучения студентов медицинского университета.

Предназначено для всех факультетов.

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## Предисловие

Настоящее учебно-методическое пособие предназначено для студентов медицинского университета и отражает современный подход к обучению иноязычному профессиональному общению. Издание разработано с учетом критерия комплексной реализации следующих аспектов цели обучения иноязычному общению: практического, образовательного, воспитательного и развивающего. Оно может быть использовано в качестве дополнительного материала к любому курсу, а также для самостоятельного изучения английского языка. Структура позволяет использовать учебный материал избирательно.

Тексты служат источником фактической профессиональной информации, а также используются в качестве образцов для построения коммуникантами собственных высказываний. Рассчитано на 40 часов аудиторной работы.

Учебно-методическое пособие состоит из 4 разделов и включает следующие тексты: 1) “We are what we eat”, 2) “Physical Activity”, 3) “Smoking”, 4) “Stress”. Комплекс упражнений предусматривает последовательное формирование речевых умений от употребления лексического и грамматического материала по вышеуказанным темам до ситуативных упражнений творческого характера, которые реализуются в ходе группового обсуждения разного рода профессиональных проблем, ролевых игр, моделирующих условия деятельности специалистов медицинского профиля. Используются тесты, направленные на проверку понимания прочитанного, а также тексты для аудирования.

Авторы выражают искреннюю благодарность всем тем, кто в той или иной мере способствовал созданию учебно-методического пособия, и надеются, что работа с ним будет полезной и интересной.

# MODULE 1

## WE ARE WHAT WE EAT. EATING THE RIGHT FOOD

### **1. Read the title of the text:**

Which of the following do you expect to read in it. Read and check:

- how to have a healthy diet, skip breakfast;
- how to have regular checkups;
- how to have a standard daily routine;
- how to plan what you eat;
- how to lose weight;
- how to give up all favourite foods;
- how to get all the necessary vitamins and minerals you need.

### **Text “Nutrition Know How”**

What you eat has a life long effect on your health and well-being. To look and feel your best, you have to eat adequate amounts of the proper foods. Many teenagers don't always choose the food that is best for them. They may not want to eat what the rest of the family is eating or they may eat poorly at school. The food at the school cafeteria is required by law in the United States to meet certain nutritional standards, but you may not be eating their food.

Nutrition... Nutrition... Nutrition... Adults are always talking about good nutrition and eating the right foods. Isn't enough to eat the things that we enjoy eating? Not necessarily, unless you like eating foods rich in vitamins, minerals and other essential nutrients. Sounds boring? It doesn't have to be. If you are going to eat well you have to take some of the initiative and responsibility for what you eat. You'll be doing your family a big favor as well as learning how to take care of yourself.

Nutrients build your body and allow it to function. Each nutrient has at least one specific job, and no other nutrient can cover for any of the others. Because you need many different nutrients to stay healthy, you have to eat a wide variety of foods in order to get all of them. If you stick to just one or two favourite foods, you'll run short of the nutrients you must have to stay well.

A lot of the foods that we like to eat don't have much nutritional value. These foods are referred to as “junk food” = empty calories, because while they provide calories that can be turned into energy, they don't provide much else in the way of things our bodies can use.

Nutrients are classified into 5 major groups. Proteins, Carbohydrates, Fats, Vitamins, and Minerals.

**Minerals** — are required in the structural composition of hard soft body tissues.

**Calcium** — is needed for developing the bones and maintaining the rigidity.

**Phosphorus** — it plays an important role in energy metabolism of the cells, affects carbohydrates lipids and proteins.

**Vitamins** — are organic compounds that mainly function in enzymes system to enhance the metabolism of proteins, carbohydrates, and fats.

**Carbohydrates** — Provide a great part of the energy in most human diets.

**Fats** — Fats produce more than twice as much energy. Being a compact fuel, fat is efficiently stored in the body for later use when carbohydrates are in short supply.

## Diets

Proper diet forms the basis of man's vitality, vivacity, and longevity. Healthy eating does not mean giving up all your favorite foods, it's all about choosing foods wisely, preparing meals in a healthier way.

Well-balanced diet is the key to good health. Aim to eat food from each of the following food groups every day:

- Starchy foods — bread, rice, pasta, potatoes, cereals, etc.
- Dairy products — cheese, milk, yogurt, etc.
- Meat, Poultry — fish, and alternatives including beans, nut products, and eggs.
- Vegetables and Fruits — broccoli, carrots, apples, strawberries, etc.

Eating a variety of foods from each of these groups should ensure that your body gets all the necessary vitamins and minerals you need and will help you maintain a healthy well balanced diets.

In simple terms, nutrients are the chemicals that your body gets from food. If your body gets the right fuel, just like a car, it will run smoother. Nutrients in food allow your body to break down the food you eat into energy. When you go for a run, swim a few laps, or even talk on the phone you are using energy that your body has produced. When you are taking a test, you're using brain power, which is really energy that is coming from the food you had last night for dinner and this morning for breakfast. One nutrition key is to never skip breakfast, especially the morning of tests. Your body has not received energy for more than 12–15 hours and will not be able to function at its peak without that boost you get from food.

**2. Now read the text more carefully and answer the questions.**

**Comprehension Check**

- 1) What are 5 major groups of nutrients?
- 2) Are nutrients the chemicals that our body gets from food?
- 3) What is needed for developing the bones and maintaining the rigidity?
- 4) Does phosphorus play an important role in energy metabolism?
- 5) What is the main function of vitamins?
- 6) What provides a great part of the energy in most human diets?
- 7) Why is it important to take good full spectrum multi- vitamins?
- 8) Is the low carbohydrate diet a healthy way of life?
- 9) Do you think that you eat plenty of fruits and vegetables?
- 10) How often should you eat fruit and vegetables?
- 11) Do you eat the right food?
- 12) What is a well balanced diet?
- 13) What is the key to good health?
- 14) What is an unhealthy diet?
- 15) When are food tastes and preferences established?
- 16) What is healthy eating?
- 17) What forms the basis of man's vitality, vivacity and longevity?
- 18) What is junk food?

**WE ARE WHAT WE EAT**

**3. Look at the pictures and answer the questions:**



1. Which food in the pictures above is healthy and which is unhealthy?
2. In general, what food do you think is healthy and what food is unhealthy?
3. Are there any kinds of food you eat all the time? What are they?
4. Is your diet healthy? In what way?
5. What do you think makes a healthy diet?

**4. Read the following words of food/drinks. Which of them are high in carbohydrates, protein, fat, vitamins?**

- |                   |                       |
|-------------------|-----------------------|
| 1) raw vegetables | 9) tea                |
| 2) kiwi fruit     | 10) french fries      |
| 3) banana         | 11) a hot dog         |
| 4) white bread    | 12) pepsi             |
| 5) chocolates     | 13) pizza             |
| 6) ice cream      | 14) oranges           |
| 7) yougurt        | 15) a turkey sandwich |
| 8) coffee         |                       |

**5. Find these words in the text about nutrition:**

proteins, carbohydrates, fats, metabolism, rigidity, fuel, hard and soft tissue, longevity, vitamins, vitality, broccoli.

Study the context carefully and try to work out the meaning.

**6. Match the words in Column A with the explanation in Column B.**

A	B
nutrient	a substance composed of lipids or fatty acids
snack	the capacity to do work or to perform vigorous activity
vitamin	any substance that is neither vegetable nor animal
protein	any of a group of substances that are required in very small amounts for healthy growth and development
carbohydrate	a light, hasty meal
diet	the amount of heat (energy) to raise the temperature of 1g of water
calorie	a mixture of foods that a person eats
energy	a substance that must be consumed as part of the diet to provide a source of energy or a substance
rigidity	one of a group of organic compounds of carbon, hydrogen, oxygen and nitrogen
fat	to regulate growth or energy production including one of a large group of compounds sugar, at arch that contain carbon, hydrogen and oxygen and have the general formula $C_x(H_2O)$
minerals	stiffness, firmness

**7. Fill in the chart of the following food groups using the key-words given:**

poultry (chicken), bread, biscuits, rice, pasta, potatoes, goose, cereals, cheese, milk, spaghetti, grapes, apples, lemon, yogurt, fish, beans, butter, turkey, natural juice, eggs, nut products, apples, carrots, onions, strawberries, broccoli, tomatoes.

Dairy products	
Starchy foods	
Meat	
Vegetables and Fruits	

## SKAN READING

### *Pair Work*

**8. Read about Some Dieting Rules. Take turns talking about simple rules to lose weight, give as much information as possible.**

### **Dieting Tips**

- *Be aware of what you drink!*

It's amazing how many extra calories are in the sodas, juices, and other drinks. Cutting out soda completely can save you 360 calories or more each day. AVOID diet soda too, the artificial sweeteners are probably not very good for you and they tend to make some people hungry. Drink a lot of water. Switching from whole to nonfat or low fat milk is also a good idea, or switching to soy milk is even a better idea.

- *Move your body!*

You don't have to play a team sport or take an aerobics class — try a variety of activities from hiking to cycling to swimming until you find ones you like. Find other ways to fit activity into your day: walk to school, jog up and down the stairs a couple of times before your morning shower or take a stroll — anything that gets you moving. Your goal should be to work up to 30 minutes of aerobic exercise at least 3 to 5 times a week — but it's fine to start out by simply taking a few turns around the block before bed. This may also help you to avoid becoming a TV, video game, or Internet junkie!

- *Start small!*

Drastic changes are much harder to stick with than small changes. Try reducing the size of the portions you eat and giving up regular soda for a week. Once you have that done, start gradually introducing healthier foods and exercise into your life.



- *Stop eating when you're full!*

Lot's of teens (and adults) eat when they're bored, lonely, or stressed or keep eating long after they're full out of habit. Slowing down can help because it takes about 20 minutes for your brain to recognize how much is in your stomach. Sometimes taking a break before going for seconds can keep you from eating. Avoid eating when you feel upset or bored — try to find something else to do instead (a walk around the block or a trip to the gym are good alternatives). Many teens find it's helpful to keep a diary of what they eat and when. Reviewing their diary later can help them identify the emotions they have when they overeat or whether they have unhealthy habits. A dietitian can give you advice on how to do this.

- *Eat less more often!*

Many people find that eating a couple of small snacks throughout the day helps them to make healthy choices at meals. Stick a couple of healthy snacks (carrots, a low fat granola bar, or a piece of fruit) in your bag so that you can have one or two snacks during the day. Adding healthy snacks and eating smaller portions when you sit down to dinner can help you to cut calories without feeling deprived.

- *Five a day keeps the pounds away.*

Give up the junk food and buy lots of fruits and vegetables! Five or more servings of fruits and vegetables aren't just a good idea to help you lose weight — they'll help keep your heart and the rest of your body healthy. Other suggestions for eating well: exchange white bread for whole-wheat; drink lots of water and make sure you eat a healthy breakfast. Don't skip breakfast. (Having low fat cereal and milk and a piece of fruit is a much better idea than inhaling a donut as you run to the bus stop or eating no breakfast at all!)

- *Avoid fad or prepackaged diets.*

If we were meant to eat from cans, they'd grow on trees. It's never a good idea to trade meals for shakes or to give up a food group in the hope that you'll lose weight — we all need a variety of foods to stay healthy. Teens, in particular, should stay away from fad diet because they're still growing and need to make sure they get proper nutrients.

Avoid diet pills (even the over-the-counter or herbal variety) unless your doctor prescribes them! These can be very addictive!

- *Don't banish certain foods.*

Don't tell yourself you'll "never" again eat your absolutely favorite chocolate ice cream or a bag of chips from the vending machine. Making these foods forbidden is sure to make you want them even more. Besides, you need to have some fat in your diet to stay healthy, so giving up all fatty foods all the time isn't a good idea anyway. The key to long-term success is making

healthy choices most of the time. If you want a piece of cake at a party, go for it! But munch on the carrots rather than the chips to balance it out later in the evening.

- *Forgive yourself.*

So you were going to have one cracker with cheese on it and the next thing you know the box is empty? Drink some water, brush your teeth, and move on. Everyone who's ever tried to lose weight has found it challenging. When you slip up, the best idea is to get right back on track and don't look back. Avoid telling yourself that you'll get back on track tomorrow or next week or after New Year's. Start now.

### **Some Dieting Rules**

Remember, any successful diet means consuming fewer calories, eating less food, but eating healthy food. You are fooling yourself if you think a diet that permits you to eat anything you want will help you to lose weight. To lose weight follow these simple rules:

- Don't eat a large meal in the evening when you'll have little opportunity for exercise afterwards. It's best to eat more at the times when you are going to be the most active. Eat a hearty breakfast, a substantial lunch, and a light dinner.
- Never skip breakfast!
- Eat slowly and thoroughly chew your food.
- Don't eat while you're doing anything else like watching TV, using the computer or doing your homework.
- Stop frying food.
- If you must snack, stock the fridge with low calorie snacks like raw vegetables and low fat yogurt.

### *Discussion*

You are facing a problem of excess weight. You decide to pursue a weight-loss programme. Give some important information that may help motivate your colleagues to tackle this complex and serious health condition. Use the words and expressions given below: overweight, increased risks of high blood pressure, heart disease, diabetes, stroke, obese, to put on a healthy diet.

**9. A. Match the points to their justifications. Which are positive and which are negative.**

1.			our bodies need a balanced diet
2.			not healthy
3.			convenient
4.			large amounts of additive

- a) full of saturated fats and other chemicals;
- b) we need some fats, sugars and salt in our diet;
- c) it's available whenever you want it;
- d) doesn't provide you with enough vitamins/minerals.

**B. Join the ideas into full sentences.**

**10. Your University magazine has asked its readers to write an article discussing the advantages and disadvantages of fast food. Think of two pros/cons which you can include.**

*Suggest a full beginning (or a proper title).*

**11. Try to explain these quotations in your own words. How do they relate to the theme of the unit.**

**Famous Words**

To get rich, never risk your health. For it is the truth that health is the wealth of wealth.

*Richard Baker*

Health is the first muse and sleep is the condition to produce it.

*Ralph Waldo Emerson (US philosopher)*

The first wealth is health.

*Ralph Waldo Emerson*

**12. Answer the questions about yourself:**

- 1. What is a typical breakfast for you? What time do you usually have breakfast?
- 2. Which is the main meal of the day? When do you have it?
- 3. How often do you have snacks during the day? What do you usually have?
- 4. How often do you eat out? What kind of places do you usually go to?

**13. Now talk about diet and your secrets to a healthy way of life.**

**TEST**

**14. Test your nutrition IQ**

**A. How much do you know about nutrition? If your knowledge is similar to that of food shoppers who answered three surveys for the U.S. Food and Drug Administration, then you probably share some widespread misinformation about nutrition. Are the following statements true or false?**

1. *You'll get proper nourishment if you just eat a variety of foods.*

Variety is not a guarantee of good nutrition. But adults can generally get a balanced diet by including several servings daily from the four main food groups: two or more from the milk group (milk, cheese, yogurt, and other dairy foods); two or more from the meat group (meat, poultry, fish, eggs, and meat alternates such as dried beans, and nuts); four or more from the bread group (bread, cereal, noodles, rice, and other grain products); four or more from the vegetables and fruit group.

2. *People who don't eat meat or fish can still stay healthy.*

As long as people eat enough dairy foods, eggs, and meat alternates, they can get essential protein.

3. *Food eaten between meals can be just as good for health as food eaten at regular meals.*

Nutritional value depends on what types of food you eat, not when you eat them. Eating a hard-boiled egg or an orange as a snack can contribute to a well-balanced diet.

4. *Fresh vegetables cooked at home are always more nutritious than canned or frozen vegetables.*

The nutritional difference depends more on how vegetables are handled or prepared than in whether they are bought fresh or packaged. Overcooking, for example, destroys many nutrients. Vegetables cooked in too much water can lose a significant amount of vitamins.

5. *A high-protein, low-carbohydrate diet is ideal for losing weight.*

There's nothing magical about protein. The simple truth is that you have to either eat fewer calories or use up more in order to lose weight. Yet one of the most common myths about weight control is that carbohydrates, not too many calories, make fat.

6. *When dieting, avoid starchy foods, such as bread or potatoes.*

If you cut out starchy foods, such as peas, potatoes, bread, and rice, you cut out very good sources of several B vitamins, Vitamin C, and other nutrients. Moreover, ounce for ounce, bread and potatoes have fewer calories than sirloin steak and roast beef.

7. *If you weigh what you should, you're getting proper nourishment.*

Proper weight alone doesn't show whether a diet is lacking in vitamins and minerals. The scales make no distinction between the similar number of calories of a can of low-nutrition soda and two eggs, but body chemistry does.

8. *Taking extra vitamins beyond the recommended daily allowances won't give you more energy.*

It's widely believed that extra vitamins provide more energy. But taking more than the body needs doesn't make it function better, any more than overfilling your gas tank makes your car run better.

9. *Natural vitamins are better supplements for the diet than synthetic vitamins.*

There is no difference. A vitamin has the same properties and specific chemical structure whether made in a laboratory or taken from plant or animal parts.

10. *Older people need the same amount of vitamins as younger people.*

Older people need the same amount of vitamins as younger people although they need fewer calories. Certain illnesses raise the requirements for some vitamins, but that is true for the young as well as the old.

11. *Food grown in poor, worn-out soil is lower in vitamins than food grown in rich soil.*

The vitamins in our foods are made by the plants themselves. They don't come from the soil. However, the minerals in a plant depend on the minerals in the soil.

12. *Food produced with chemical fertilizers is just as nutritious as food grown with natural fertilizers.*

So-called "natural" fertilizers such as manure must first be broken down by soil bacteria into basic compounds. These compounds, taken up by the plant, are identical whether they come from natural or from chemical fertilizers.

***B. If you answered at least eight of the questions correctly, you can consider yourself well informed about food and nutrition by today's standards. But remember that nutrition is a complex and growing science, and that today's beliefs may be changed as new information becomes available.***

A) *Comprehension Check* — mark the following statements as true (T) or false (F).

- ( ) 1. Most people have a lot of misinformation about nutrition.
- ( ) 2. There are four main food groups.
- ( ) 3. Eating a variety of foods is a guarantee of good nutrition.
- ( ) 4. You can eat meat alternates instead of meat.
- ( ) 5. You should not eat snacks between meals.
- ( ) 6. Carbohydrates make fat.
- ( ) 7. Starchy foods are good sources of several B vitamins.
- ( ) 8. Ounce for ounce, bread is more fattening than steak.
- ( ) 9. Older people need fewer calories than younger people.
- ( ) 10. Scientists today still do not know everything about nutrition.

B) *Analysis of Ideas and Relationships.*

1. According to paragraph A,
  - a) many people have incorrect ideas about nutrition;
  - b) most people are well informed about nutrition;
  - c) many people don't care about nutrition.
2. According to paragraph 1, what is a "meat alternate"?
  - a) Dried beans;
  - b) Fish;
  - c) Milk.
3. According to paragraph 4, which statement is not true in regard to nutrition?
  - a) Overcooking destroys many nutrients;
  - b) Both fresh and frozen vegetables are nutritious;
  - c) It makes no difference how you prepare vegetables.
4. According to paragraph 6,
  - a) bread and steak have the same number of calories per ounce;
  - b) starchy foods are unnecessary in a balanced diet;
  - c) you should include starchy foods in your diet.
5. According to paragraph 7,
  - a) a can of soda and two eggs have a similar number of calories;
  - b) a can of soda and two eggs are nutritionally similar;
  - c) a can of soda and two eggs make a good snack.
6. In paragraph 8, the description of "overfilling your gas tank" shows:
  - a) why you should take extra vitamins;
  - b) why you don't need extra vitamins;
  - c) why extra vitamins cost more.
7. In paragraph 10, the word "raise" means:
  - a) take care of;
  - b) increase;
  - c) get more money.
8. In paragraph 10, "but that is true for the young as well as the old", young refers to:
  - a) illnesses;
  - b) people;
  - c) vitamins.
9. In paragraph 11, the word "rich" means:
  - a) fertile;
  - b) wealthy;
  - c) heavy.
10. A good title for this article would be:
  - a) Nutrition: A Complex, Growing Science;
  - b) How to Lose Weight;
  - c) What You Should Know about Nutrition.

## MODULE 2

### PHYSICAL ACTIVITY

**1. Read the title of the text, which of the following do you expect to read in it. Read and check:**

- regular aerobic activity;
- how to improve physical fitness;
- physical activity as a part of regular routine;
- how to lower the risk of cardiovascular diseases;
- how to start regular physical activity after heart attack;
- long-term health and wellness programmes;
- how jogging is especially beneficial when done regularly.

#### **Text “Physical Activity”**

Physical inactivity is a major risk factor for developing coronary artery disease. Coronary artery disease is characterized by deposits of fatty substances, cholesterol, calcium and other substances in the inner of arteries that supply blood to the heart muscle. It also contributes to other risk factors, including obesity, high blood pressure, high triglycerides, a low level of HDL — High Density Lipoprotein (“good”) cholesterol and diabetes. Even moderately intense physical activity such as brisk walking is beneficial when done regular for a total of 30 minutes or longer on most days.

#### **Why is exercise or physical activity important?**

Regular aerobic physical activity increases your fitness level and capacity for exercise. It also plays a role in both primary and secondary prevention of cardiovascular disease. Physical inactivity is a major risk factor for heart disease and stroke and is linked to cardiovascular mortality.

Regular physical activity can help control blood lipid abnormalities, diabetes and obesity. Aerobic physical activity can also help reduce blood pressure.

The results of pooled studies show that people who modify their behavior and start regular physical activity after heart attack have better rates of survival and better quality of life. Healthy people — as well as many patients with cardiovascular disease — can improve their fitness and exercise performance with training.

– Some activities improve flexibility, some build muscular strength and some increase endurance.

– Some forms of continuous activities involve using the large muscles in your arms or legs. These are called endurance or aerobic exercises. They help the heart by making it work more efficiently during exercise and at rest.

– Brisk walking, jumping rope, jogging, bicycling, cross-country skiing and dancing are examples of aerobic activities that increase endurance.

### **How can I improve my physical fitness?**

Programs designed to improve physical fitness take into account frequency (how often), intensity (how hard), and time (how long). They provide the best conditioning.

#### **The FIT Formula:**

F = frequency (days per week)

I = intensity (how hard, e. g., easy, moderate, vigorous) or percent of heart rate

T = time (amount for each session or day)

#### **For most healthy people:**

For health benefits to the heart, lungs and circulation, perform any moderate-to-vigorous-intensity aerobic activity for at least 30 minutes on most days of the week at 50–75 percent of your maximum heart rate. You can accumulate 30 minutes in 10 or 15 minute sessions. What's important is to include physical activity as part of a regular routine.

#### **These activities are especially beneficial when done regularly:**

- brisk walking, hiking, stair-climbing, aerobic exercise;
- jogging, running, bicycling and swimming;
- activities such as soccer and basketball that include continuous running.

The training effects of such activities are most apparent at exercise intensities that exceed 50 percent of a person's exercise capacity (maximum heart rate). If you're physically active regularly for longer periods or at greater intensity, you're likely to benefit more. But don't overdo it. Too much exercise can give you sore muscles and increase the risk of injury.

#### **What about moderate-intensity activities?**

Even moderate-intensity activities, when performed daily, can have some long-term health benefits. They help lower the risk of cardiovascular diseases. Here are some examples:

- walking for pleasure, gardening and yard work;
- housework, dancing and prescribed home exercise;
- recreational activities such as tennis, soccer, basketball and football.

Regular physical activity can also help reduce or eliminate some of these risk factors:

- **High blood pressure** — Regular aerobic activities can lower blood pressure.

- **Cigarette smoking** — Smokers who become physically active are more likely to cut down or stop smoking.



- **Diabetes** — People at their ideal weight are less likely to develop diabetes. Physical activity may also decrease insulin requirements for people with diabetes.

- **Obesity and overweight** — Regular physical activity can help people lose excess fat or stay at a reasonable weight.

- **High levels of triglycerides** — Physical activity helps reduce triglyceride levels. High triglycerides are linked to developing coronary artery disease in some people.

- **Low levels of HDL** — Low levels of HDL (“good”) cholesterol (less than 40 mg/dL for men/less than 50 mg/dL for women) have been linked to a higher risk of coronary artery disease. Recent studies show that regular physical activity can significantly increase HDL cholesterol levels and thus reduce your risk.

**Other benefits of physical activity are:**

- Physical activity builds healthy bones, muscles and joints, and reduces the risk of colon cancer. Millions of Americans suffer from illnesses that can be prevented or improved through regular physical activity.

- Physical activity also helps psychologically. It reduces feelings of depression and anxiety, improves mood and promotes a sense of well-being.

- The Surgeon General’s Report on Physical Activity also suggests that active people have a lower risk for stroke.

Some people should consult their doctor before they start a vigorous exercise program. See your doctor or other healthcare provider if any of these apply to you:

- You have a heart condition or you’ve had a stroke, and your doctor recommended only medically supervised physical activity.

- During or right after you exercise, you often have pains in the left or mid-chest area, left neck, shoulder or arm.

- You’ve developed chest pain or discomfort within the last month.

- You tend to lose consciousness or fall due to dizziness.

- You feel extremely breathless after mild exertion.

- Your doctor recommended you take medicine for your blood pressure, a heart condition or a stroke.

- Your doctor said you have bone, joint or muscle problems that could be made worse by the proposed physical activity.

- You have a medical condition or other physical reason not mentioned here that might need special attention in an exercise program (for example, insulin-dependent diabetes).

- You’re middle-aged or older, haven’t been physically active, and plan a relatively vigorous exercise program.

If none of these is true for you, you can start on a gradual, sensible programme of increased activity tailored to your needs. If you feel any of the physical symptoms listed above when start your exercise programme, contact your doctor right away. If one or more of the above is true for you, an exercise-stress test may be used to help plan an exercise programme.

**2. Now read the text more carefully and answer the questions:**

Comprehension Check

- 1) What is a major risk factor for developing coronary artery disease?
- 2) Why is exercise or physical activity important?
- 3) What can healthy people improve with training?
- 4) What activities are especially beneficial when done regularly?
- 5) What activities, when performed daily, can have some long-term health benefits?
- 6) What people in your opinion have a lower risk of stroke?
- 7) In what way does physical activity help psychologically?
- 8) What risk factors can regular physical activity reduce or eliminate?
- 9) Can walking for pleasure, gardening and yard work be regarded as moderate-intensity activities?
- 10) Can you start a vigorous exercise programme if you have an insulin-dependent diabetes or muscle or bone problems?
- 11) Why should people consult the doctor if they plan a relatively vigorous exercise programme?
- 12) Does biking fit your lifestyle?

**3. Find these words and word combinations in the text about Physical Activity.**

Study the context carefully and try to work out the meaning of the following words: heart muscle, cholesterol, diabetes, brisk walking, physical inactivity, obesity, fitness, endurance, frequency, intensity, hiking, stair-climbing, aerobic exercise, exercise capacity, recreational activity, high levels of triglycerides, low levels of triglycerides, depression anxiety, dizziness.

**4. Match the words in Column A with their explanations in Column B.**

<b>A</b>	<b>B</b>
coronary artery disease	a condition causing reduced flow of oxygen and nutrients to the heart
obesity	a working tour
cholesterol	a sensation of faintness or an inability to maintain normal balance in a standing or seated position
diabetes	a fat like material (a sterol present) in the blood and most tissues, especially nervous system

stroke	extreme fatness
fitness	good bodily health and condition
hiking	any disorder of metabolism causing excessive thirst and the production of large volumes of urine
soccer	a sudden attack of disability in the brain
mortality	association football
swimming	having too much weight
overweight	move along on or in the water by using the arms, legs
dizziness	the incidence of death (the condition of being subject to death)

**5. Complete the sentences with these words and word combinations:**

blood lipid abnormalities, diabetes and obesity, fitness, depression and anxiety, cholesterol, calcium and other substances, coronary artery disease, long term health benefits, aerobic activities.

1. Physical activity is a major factor for developing ...
2. Regular physical activity can help control ...
3. Healthy people as well as many patients with cardiovascular disease can improve ...
4. Even moderate-intensity activities can have some ...
5. Physical activity reduces feeling of ...
6. Coronary artery disease is characterized by deposits of fatty substances ...
7. Brisk walking, hiking, jogging, aerobic exercise are ...
8. Bicycling, cross country skiing and dancing are examples of ...

**6. Fill in the chart**

Verb	Noun	Adjective
act	activity	
	obesity	obese
	diabetes	diabetic
survive	survival	
benefit		beneficial
fit	fitness	
run	running	
swim	swimming	
walk	walking	
circulate	circulation	
strengthen	strength	
endure	endurance	
prevent	prevention	

modify	modification	
	abnormality	abnormal
increase	increase	
eliminate	elimination	
exert	exertion	

## SKAN READING

### The Keys to Living a Healthy Way of Life

How many times have you gone to sleep at night, swearing you'll go to the gym in the morning, and then changing your mind just eight hours later because when you get up, you don't feel like exercising?

“While this can happen to the best of us, it doesn't mean you should drop the ball altogether when it comes to staying fit”, says Jeff Zwiefel, Vice President of the Nutritional Products Division at Life Time Fitness, a leading national health, fitness and nutrition company. “What people need to realize is that staying active and eating right are critical for long-term health and wellness — and that an ounce of prevention is worth a pound of cure”.

Zwiefel says the more you know about how your body responds to your lifestyle choices, the better you can customize a nutrition and exercise plan that is right for you. “When you eat well, increase your level of physical activity, and exercise at the proper intensity, “he says”, “you are informing your body that you want to burn a substantial amount of fuel. This translates to burning fat more efficiently for energy”.

In other words, proper eating habits plus exercise equals fast metabolism, which, in turn gives you more energy throughout the day and allows you to do more physical work with less effort.

“The true purpose of exercise is to send a repetitive message to the body asking for improvement in metabolism, strength, aerobic capacity and overall fitness and health. Each time you exercise, your body responds by upgrading its capabilities to burn fat throughout the day and night”, says Zwiefel. “Exercise doesn't have to be intense to work for you, but it does need to be consistent”.

Life Time Fitness recommends engaging in regular cardiovascular exercise four times per week for 20 to 30 minutes per session, and resistance training four times per week for 20 to 25 minutes per session. “This balanced approach provides a one-two punch, incorporating aerobic exercise to burn fat and deliver more oxygen, and resistance training to increase lean body mass and burn more calories around the block”, says Zwiefel.

Here's a sample exercise program that may work for you:

- Warm Up — seven to eight minutes of light aerobic activity intended to increase blood flow and lubricate and warm-up your tendons and joints.
- Resistance Training — Train all major muscle groups. One to two sets of each exercise. Rest 45 seconds between sets.
- Aerobic Exercise — Pick two favorite activities, they could be jogging, biking or cross-country skiing, whatever fits your lifestyle. Perform 12 to 15 minutes of the first activity and continue with 10 minutes of the second activity. Cool down during the last five minutes.
- Stretching — Wrap up your exercise session by stretching, breathing deeply, relaxing and meditating.

When starting an exercise programme, it is important to have realistic expectations. Depending on your initial fitness level, you should expect the following changes early on:

- From one to eight weeks — Feel better and have more energy.
- From two to six months — Lose size and inches while becoming leaner. Clothes begin to fit more loosely. You are gaining muscle and losing fat.
- After six months — Start losing weight quite rapidly.

“Once you make the commitment to exercise several times a week, don't stop there. You should also change your diet and/or eating habits”, says Zwiefel. Counting calories or calculating grams and percentages for certain nutrients is impractical. Instead, Life Time Fitness suggests these easy-to-follow guidelines:

- Eat several small meals (optimally four) and a couple of small snacks throughout the day.
- Make sure every meal is balanced — incorporate palm-sized proteins like lean meats, fish, egg whites and dairy products, fish-sized portions of complex carbohydrates like whole-wheat bread and pasta, wild rice, multigrain cereal and potatoes and fish-sized portions of vegetable and fruits.
- Limit your fat intake to only what's necessary for adequate flavor.
- Drink at least eight 8-oz. glasses of water throughout the day.
- Life Time Fitness also recommends taking a multi-vitamin each day to ensure you are getting all the vitamins and minerals your body needs.

### ***7. Read about the keys to Living a healthy way of life.***

#### ***8. Take turns talking about:***

- a) the true purpose of exercise;
- b) an exercise programme that may work for you;
- c) realistic expectations when starting an exercise program.

**9. Using the information given in the text answer the questions to prove that staying active is very important.**

1. What changes should you expect starting an exercise program?
2. What are easy-to follow guidelines offered by the life time Fitness company?
3. What gives you more energy throughout the day and allows you to do more physical work with less effort?

**10. Read the text “Jogging”:**

Jogging is an excellent cardiovascular exercise and is also popular because of its simplicity, adaptability to busy schedules, and the numerous benefits that can be obtained from a sound program. These include improved cardio-respiratory health, decreased risk of heart disease, decreased body fat, increased bone strength, and improved leg and back muscle endurance.

A. Jogging is most appropriate for women who are in moderate or good shape and who are not more than 30 pounds overweight.

B. Appropriate footwear is important for jogging. Choose a comfortable pair of jogging/running shoes with adequate sole cushioning, good head support, and sufficient mild-sole flexibility.

C. Always warm-up stretch, and cool-down during your jogging session. Begin each session by walking or jogging at a low intensity for 5–10 minutes (warm-up) and then stretch your calves, quadriceps, hamstrings, hips, and low back muscles. After your exercise session, cool-down by walking at a low intensity for another 5–10 minutes and then stretch the same muscles as before.

D. Be sure to breathe regularly throughout the exercise session.

E. For beginners (who are in moderate or better shape), jog no more than four days per week with a day of rest between workouts to allow for adequate recovery of the weight-bearing joints, ligaments, and tendons. Each exercise session should last no more than 20–30 minutes for the first 4–6 weeks.

F. It is also important to gradually increase the duration (the time you spend in each session) before you increase the intensity. That is, when beginning a jogging programme, be more concerned with increasing the number of minutes of the exercise session before you increase the intensity, by increasing your speed or jogging hilly terrain. Interval training is an effective method of gradually increasing your intensity.

*Discussion*

**11. Arrange the sentences according to the text and speak about jogging as an excellent cardiovascular exercise.**

1. Be sure to breathe regularly throughout the exercise session.
2. Jogging is most appropriate for women who are in moderate to good shape and who are not more than 30 pounds overweight.

3. For beginners (who are in moderate or better shape), jog no more than four days per week with a day of rest between workouts to allow for adequate recovery of the weight-bearing joints, ligaments, and tendons. Each exercise session should last no more than 20–30 minutes for the first 4–6 weeks.

4. Appropriate footwear is important for jogging. Choose a comfortable pair of jogging/running shoes with adequate sole cushioning, good head support, and sufficient mild-sole flexibility.

5. It is also important to gradually increase the duration (the time you spend in each session) before you increase the intensity. That is, when beginning a jogging programme, be more concerned with increasing the number of minutes of the exercise session before you increase the intensity, by increasing your speed or jogging hilly terrain. Interval training is an effective method of gradually increasing your intensity.

6. Always warm-up stretch, and cool-down during your jogging session. Begin each session by walking or jogging at a low intensity for 5–10 minutes (warm-up) and then stretch your calves, quadriceps, hamstrings, hips, and low back muscles. After your exercise session, cool-down by walking at a low intensity for another 5-10 minutes and then stretch the same muscles as before.

**a) Do the following quiz to find out how sporty you are and tick those sports and activities in the list below which you have tried:**

aerobics, cycling, football, jogging, swimming, tennis, karate, skiing, yoga, athletics, horse-riding, mountain-climbing.

**b) Write your level next to each of the sports you have tried (beg. = beginner, int. = intermediate, adv. = advanced).**

**c) Look again at the sports and activities that you did not tick. Which ones would you like to try?**

**d) How often do you sport or exercise?**

- every day;
- 3–5 times a day;
- 1–2 times a week;
- never.

**e) Tick the statements below that you agree with:**

- a) Sport is one of the most important things in my life.
- b) I prefer watching sport to doing it.
- c) I don't like watching sport on T.V. I prefer doing it myself.
- d) When I was younger I did a lot of sport but I don't do very much now.
- e) I do sport because I think it's a good way to meet people.
- f) I like one or two sports but I find most other sports boring.
- g) If I can I will continue doing sport until I am old.
- h) I love exercise because it makes me feel healthy and relaxed.
- i) I don't really like exercise but I do it to lose weight.

*Add up your scores:*

1. Give yourself one point for every sport, you have tried.
2. Give yourself an extra point for every sport at intermediate level; two extra points for every sport at advanced level.
3. Give yourself a point for every sport that you would like to try.
4. a. 10, b. 8, c. 6, d. 2, e. 0.
5. a. 5, b. 0, c. 2, d. 1, e. 1, f. 1, g. 3, h. 3, i. 2.

*Conclusions:*

*Over 45:* You are sports crazy. You are fit and probably one of those people, who is naturally good at sport. You don't really understand other people who don't like sport. Fine, but make sure that it doesn't become the only thing in your life. It is important to have time for other interests too.

*25–44:* You have a good balance. Sport is important for you. You like to be fit and healthy and you have a lot of fun doing sports. However you have many other interests and enjoy being with different types of people.

*10–24:* Not too bad. You know that exercise is important for your health and you try to do something but not often enough. Perhaps you have not yet found the best sport for you. It is much easier to do exercise regularly if you enjoy what you are doing.

*Under 10:* You are not very sporty! Your idea of exercise is getting up to turn on the TV or walking to the fridge for another drink! Perhaps you are unfit and find exercise hard work. Maybe you have not found the best sport for you yet. Why not to try something new? Remember to start gently, though compare your score with that of other students in the group. Who got the highest and the lowest score? Are the conclusions true, do you think?

Have you ever been to classes for any of the sports mentioned? Did you enjoy them? Do you prefer doing sports with other people or on your own?

**12. Give your recommendations for duration, frequency and intensity of cardiovascular exercise.**

a) With a partner exchange your opinions on jogging. Do you think that the idea of jogging is universal, always and everywhere true?

b) Gathy, a young Canadian, wants to go to an aerobic class at the Fitness Centre. She speaks to the receptionist, who gives her the information sheet below.

<b>The Fitness Centre</b>			
<b><i>Name of Class</i></b>	<b><i>Day</i></b>	<b><i>Level</i></b>	<b><i>Price (1 dollar entrance fee)</i></b>
aerobics	8.30 – 9.30 (1)	Beg./Int.	2.50 d
	5.30 – 6.30 (2)	Beg./Int.	2.50 d
	10.30 – 11.30 (3)	Beg./Int.	2.50 d



### **13. Role-playing.**

Imagine you work at the Fitness Centre. When your partner phones, give the information about swimming sections. He/she wants to know:

- times/days;
- prices;
- if there is a sauna / and the price the student tickets are available.

Role-play the conversation.

Useful expressions.

What time does ... begin?

Do you have student rates?

What is the price?

What is the address of the Centre?

### **14. Now talk about jogging as an effective cardiovascular exercise.**

## **TEST**

### **15. Test your exercise quiz.**

**A. Exercise, everyone advises! But immediately, when you try, you run into trouble. There is so much contradictory, sometimes incorrect advice about exercising that you become confused. Test yourself on the following true-false quiz. It will tell you what you need to know.**

1. *The best way to reduce the mid-section is to do abdominal exercise.*

Many people believe that when specific muscles are exercised, the fatty tissues in the immediate area are “burned up”. The truth is that exercise burns fat from all over the body and not from one specific area, regardless of the type of exercise. Of course, if you reduce the fat throughout your body, you will certainly see results around your waistline too!

2. *To maintain an adequate level of physical fitness, you need to exercise only twice a week.*

Studies conducted by NASA, the National Aeronautics and Space Administration, show that unexercised muscles lose their strength very quickly. After 48 to 72 hours, you must use the muscles again to re-establish the good physical effects. And what does that mean to you? NASA scientists concluded that while daily exercise is most beneficial, three alternating days each week will maintain an adequate level of physical fitness.

3. *To lose weight you should always “work up a good sweat” when exercising.*

Sweating only lowers body temperature to prevent overheating; it does not help you reduce. You may weigh less immediately after a workout, but this is due to water loss. Once you replace the liquid, you replace the weight.

4. *You burn more calories jogging one mile than walking the same distance.*

You use the same amount of energy whether you walk or jog the mile, since in both cases you are moving the same weight the same distance. The speed doesn't matter. Of course, if you jog rather than walk for 30 minutes, you'll cover more distance, and therefore burn more calories.

5. *If your breathing doesn't return to normal within minutes after you finish exercising, you've exercised too much.*

Five minutes or so after exercising, your breathing should be normal, your heart shouldn't be pounding, and you shouldn't be exhausted. Beneficial exercise is not overly difficult, unpleasant, and exhausting; it is moderate, enjoyable, and refreshing.

6. *Walking is one of the best exercises.*

Walking helps circulation of blood throughout the body, and thus has a direct effect on your overall feeling of health.

7. *Vigorous stretching exercises keep muscles flexible.*

Stretching exercises (for example: twisting or bending at the waist, touching your toes) should be done slowly, allowing the muscles to relax and "let go". Vigorous stretching makes the muscles become tighter.

8. *The minimum amount of time you should spend exercising in a day is 20 minutes.*

There are more than 400 muscles that attach to your skeleton. A good exercise routine should contract and stretch all these muscles, and this simply cannot be done with four or five exercises in five or ten minutes. From experience, about 20 minutes is the minimum amount of time needed for an adequate work-out.

***B. How long it takes you to become physically fit depends on how unfit you are when you start. If you are out of condition, you certainly can't shape up in 21 days. However, shaping up doesn't do any good unless you plan to stay in shape, and that means exercising from now on. It takes as much exercise to stay in shape as it does to get there. But the work won't seem as hard after a while because your body will be in good condition — and all the moves will seem easier.***

#### **16. Comprehension Check.**

A) *Comprehension Check — mark the following statements as true (T) or false (F).*

( ) 1. Much of the advice on exercising is contradictory.

( ) 2. Exercise burns fat from all over the body.

( ) 3. Special exercises can burn fat from one specific area of your body.

( ) 4. You will maintain an adequate level of fitness if you exercise on three alternating days each week.

( ) 5. Sweating helps you lose weight.

( ) 6. You will use the same amount of energy whether you jog a mile or walk a mile.

( ) 7. If you become exhausted, you are exercising correctly.

( ) 8. Walking is good for you.

( ) 9. A good exercise routine should use all your 400 muscles.

( ) 10. Once you become physically fit, you must keep on exercising to stay that way.

B) *Analysis of Ideas and Relationships.*

1. This article explains:

- a) the difficulties of exercising;
- b) why exercise is good for your health;
- c) important information to know about exercise.

2. In paragraph A, “it will tell you ...”, it refers to:

- a) the true-false quiz;
- b) exercise;
- c) the advice.

3. Paragraph 1 explains:

- a) how to reduce one specific area of your body;
- b) why you can't reduce just one out of your body;
- c) how to do abdominal exercises.

4. It is A to exercise on three B days each week. (Choose one word from each group).

A: not enough – adequate – too much

B: alternating – daily – beneficial

5. According to paragraph 4, you will use the most energy if you:

- a) jog for 30 minutes;
- b) walk for 30 minutes;
- c) run quickly for 30 minutes.

Why?

6. Paragraph 5:

- a) says you should exercise for five minutes a day;
- b) compares the results of beneficial exercise and too much exercise;
- c) gives examples of beneficial exercise.

7. Paragraph 6 explains:

- a) why you feel healthy;
- b) how blood circulates throughout the body;
- c) why walking is one of the best exercises.

8. In paragraph 7, why is “(twisting or bending at the waist, touching your toes)” in parentheses?

- a) Because these are examples of stretching exercises.
- b) Because these exercises should be done slowly?
- c) Because these are not important exercises.

9. According to the last paragraph, once you become physically fit:

- a) you will stay that way naturally;
- b) you must keep on exercising to stay fit;
- c) exercise will be hard work.

10. The author of this article probably:

- a) exercises regularly;
- b) doesn't like to exercise;
- c) exercises 10 minutes a day.

Why do you think so?

## MODULE 3

### SMOKING

**1. Read the title of the text. Which of the following do you expect to read in it. Read and check:**

- smoking is a bad idea;
- how smoking affects our health;
- how smoking limits a person's ability to be normally active;
- how smoking increases the risk of pneumonia;
- how to quit/give up smoking;
- how smoking is advertised on TV;
- how smoking is linked with bronchial trouble, heart disease and lung cancer.

#### **Text "Smoking"**

Today we're more aware about how bad smoking is for our health. Smoking is restricted or banned in almost all public places and cigarette companies are no longer allowed to advertise on TV, radio, and in many magazines.

Almost everyone knows that smoking causes cancer, emphysema, and heart disease; that it can shorten your life by 10 years or more; and that the habit can cost a smoker thousands of dollars a year. So how some people are still lighting up? The answer, in a word, is addiction.

Smoking is a hard habit to break because tobacco contains nicotine, which is highly addictive. Like heroin or other addictive drugs, the body and mind quickly become so used to the nicotine in cigarettes that a person needs to have it just to feel normal.

People start smoking for a variety of different reasons. Some think it looks cool. Others start because their family members or friends smoke. Statistics show that about 9 out of 10 tobacco users start before they're 18 years old. Most adults who started smoking in their teens never expected to become addicted. That's why people say it's just so much easier to not start smoking at all.

There are no physical reasons to start smoking. The body doesn't need tobacco the way it needs food, water, sleep, and exercise. In fact, many of the chemicals in cigarettes, like nicotine and cyanide, are actually poisons that can kill in high enough doses.

The body is smart. It goes on the defense when it's being poisoned. For this reason, many people find it takes several tries to get started smoking:

First-time smokers often feel pain or burning in the throat and lungs, and some people feel sick or even throw up the first few times they try tobacco.

The consequences of this poisoning happen gradually. Over the long term, smoking leads people to develop health problems like cancer, emphysema (breakdown of lung tissue), organ damage, and heart disease. These diseases limit a person's ability to be normally active — and can be fatal. Each time a smoker lights up, that single cigarette takes about 5 to 20 minutes off the person's life.

Smokers not only develop wrinkles and yellow teeth, they also lose bone density, which increases their risk of osteoporosis, a condition that causes older people to become bent over and their bones to break more easily. Smokers also tend to be less active than nonsmokers because smoking affects lung power.

Smoking can also cause fertility problems and can impact sexual health in both men and women. Girls who are on the pill or other hormone-based methods of birth control (like the patch or the ring) increase their risk of serious health problems, such as heart attacks, if they smoke.

The consequences of smoking may seem very far off, but long-term health problems aren't the only hazard of smoking. Nicotine and the other toxins in cigarettes, cigars, and pipes can affect a person's body quickly, which means that teen smokers experience many of these problems:

- **Bad skin.** Because smoking restricts blood vessels, it can prevent oxygen and nutrients from getting to the skin — that is why smokers often appear pale and unhealthy. An Italian study also linked smoking to an increased risk of getting a type of skin rash called psoriasis.

- **Bad breath.** Cigarettes leave smokers with a condition called halitosis, or persistent bad breath.

- **Bad-smelling clothes and hair.** The smell of stale smoke tends to linger — not just on people's clothing, but on their hair, furniture, and cars. And it's often hard to get the smell of smoke out.

- **Reduced athletic performance.** People who smoke usually can't compete with nonsmoking peers because the physical effects of smoking (like rapid heartbeat, decreased circulation, and shortness of breath) impair sports performance.

- **Greater risk of injury and slower healing time.** Smoking affects the body's ability to produce collagen, so common sports injuries, such as damage to tendons and ligaments, will heal more slowly in smokers than nonsmokers.

- **Increased risk of illness.** Studies show that smokers get more colds, flu, bronchitis, and pneumonia than nonsmokers. And people with certain health conditions, like asthma, become more sick if they smoke (and often if they're just around people who smoke). Because teens who smoke as a way to

manage weight often light up instead of eating, their bodies lack the nutrients they need to grow, develop, and fight off illness properly.

The only thing that really helps a person avoid the problems associated with smoking is staying smoke free. This isn't always easy, especially if everyone around you is smoking and offering you cigarettes. It may help to have your reasons for not smoking ready for times you may feel the pressure, such as "I just don't like it" or "I want to stay in shape for soccer" (or football, basketball, or other sport).

The good news for people who don't smoke or who want to quit is that studies show that the number of teens who smoke has dropped dramatically. Today, about 23 % of high school students smoke.

If you do smoke and want to quit, you have lots of information and support available. Different approaches to quitting work for different people. For some, quitting cold turkey is best. Others find that a slower approach is the way to go. Some people find that it helps to go to a support group especially for teens. These are sometimes sponsored by local hospitals or organizations like the American Cancer Society. The Internet offers a number of good resources to help people quit smoking.

When quitting, it can be helpful to realize that the first few days are the hardest. So don't give up. Some people find they have a few relapses before they manage to quit for good.

Staying smoke free will give you a whole lot more of everything — more energy, better performance, better looks, more money in your pocket, and, in the long run, more life to live!

### **How can I quit smoking**

First, congratulate yourself. Just reading this article is a huge step toward becoming tobacco free. Many people don't quit smoking because they think it's too hard to do. They think they'll quit someday.

It's true, for most people quitting isn't easy. After all, the nicotine in cigarettes is a powerfully addictive drug. But with the right approach, you can overcome the cravings.

#### ***2. Now read the text more carefully and answer the questions.***

##### **Comprehension Check**

- 1) Are we aware how bad smoking is for our health?
- 2) Does smoking cause cancer, emphysema and heart diseases? What diseases may smoking cause?
- 3) Why is smoking a hard habit to break?
- 4) Why do people start smoking?

- 5) Are there any physical reasons to start smoking?
- 6) Smokers tend to be less active than nonsmokers. Why?
- 7) What are the consequences of smoking?
- 8) What problems do smokers experience?
- 9) How can we stay smoke free?
- 10) Are there a number of good resources to help people quit smoking?

What are they?

- 11) What will staying smoke free give a person?
- 12) Are there different approaches to quitting smoking?

**3. Find these words and word combination in the text. Study the context carefully and try to work out the meaning:**

to be addictive, in high doses, poisoning, feel sick, develop wrinkles, the risk of osteoporosis, hazards of smoking, psoriasis, halitosis, hazardous, to stay smoke free, to feel pressure, relapse.

**4. Match the words in Column A with their explanations in Column B.**

A	B
emphysema	persistent bad breath resulting from poor oral hygiene
addiction	an abnormal condition of the pulmonary system, characterized by destructive changes in alveolar walls
tobacco	a disorder characterized by abnormal loss of bone density
nicotine	the recurrence of the disease after apparent recovery
osteoporosis	a tube with a bowl used for smoking tobacco
psoriasis	not fresh any longer, having lost freshness
halitosis	a colorless toxic substance in tobacco that is one of the major contributors to the ill effects of smoking
asthma	get the better of, conquer
pipe	to give up, stop doing smth
stale	a common chronic skin disorder characterized by red patches that are the result of excessive development of epithelial cells
quit	a plant whose leaves are dried and used for smoking and chewing
relapse	a respiratory disorder characterized by recurring episodes of paroxysmal dyspnea
overcome	compulsive, uncontrollable dependence on a chemical substance

**5. Complete the sentences:**

- 1) Smoking causes ...
- 2) There are no physical reasons ...



- 3) Over the long term, smoking leads people to develop ...
- 4) Smoking can also cause ...
- 5) Smoking restricts blood vessels, it can prevent ...
- 6) Cigarettes leave smokers with a condition ...
- 7) Smoking affects the body's ability to ...
- 8) Studies show that smokers get more ...
- 9) All forms of tobacco ...
- 10) The only thing that really helps a person avoid the problems associated with smoking ...
- 11) If you smoke and want to quit you have ...
- 12) The Internet offers a number of good resources to ...
- 13) Many people don't smoke because they think ...

## SKAN READING

**6. Read about Second Smoking. Take turns talking about second hand smoke.**

### Secondhand Smoke

Secondhand smoke comes from both the smoke that smokers exhale (called mainstream smoke) and the smoke floating from the end of the cigarette, cigar, or pipe (called sidestream smoke).

It may seem pretty harmless, but secondhand smoke actually contains thousands of chemicals — from arsenic ammonia to hydrogen cyanide — many of which have been proven to be toxic or to cause cancer (called carcinogens). High concentrations of many of these chemicals are found in secondhand smoke. In fact, secondhand smoke significantly increases a person's risk for:

- respiratory infections (like bronchitis and pneumonia);
- asthma (secondhand smoke is a risk factor for the development of asthma and can trigger attacks in those who already have it);
- coughing, sore throats, sniffing, and sneezing;
- cancer;
- heart disease;

So secondhand smoke doesn't just impact a person in the future. It can cause problems right now, like affecting someone's sports performance or ability to be physically active.

### What Can You Do?

Whether you smoke or you're regularly around someone who does, it's never healthy to breathe in tobacco smoke. Even occasional or short-term exposure can take a toll on the body.

If you smoke, try to quit. Quitting isn't easy because smoking is highly addictive. But plenty of programs and people can help you make the brave effort to becoming smoke free. And just consider the benefits: You'll look, feel, and smell better, not to mention you'll have more money saved to go out and show off the newer, healthier you! Who knows — maybe knowing that you're protecting the people you love by quitting will help give you even more willpower to kick the habit.

If you don't smoke, ask the smokers you know to observe these two practical habits:

1. **Take all their smoke breaks outside** — away from other people, especially kids and anyone who's pregnant. Smoke lingers in the air hours after cigarettes are put out. That means if a smoker is puffing away anywhere inside, other people are inhaling that smoke, too. Because smoke sticks to people and their clothing, when smokers come back inside, they should wash their hands and change their clothing, especially before holding or hugging children.

2. **Never smoke in a car with other people.** Even exhaling out the window does little, if anything, to reduce smoke exposure.

It's been scientifically proven that secondhand smoke is dangerous. So, hopefully the smokers in your life will be willing to take these simple steps.

Just as a person who smokes chooses to light up, nonsmokers have a choice, too — to walk away from other people's smoke at home, school, work, restaurants, even friends' and family members' houses. New laws are making it easier all the time for nonsmokers to lead smoke-free lives.

Taking a stand on secondhand smoke will keep you much healthier and possibly even help someone you love think twice about their own unhealthy habit, too.

Many people think that because they don't smoke, they don't have to worry about cigarettes. The truth is that breathing in secondhand smoke, which is a combination of the smoke coming from the burning end of a cigarette or cigar (sidestream smoke) and the smoke that is exhaled by a smoker (mainstream smoke), is almost as dangerous as smoking. People who smoke don't intend to put others around them in danger, but in essence this is what they are doing.

Besides stinking up your clothes and hair, secondhand smoke has more than 4,000 chemical compounds present, many of which increase the risk of cancer and heart disease. Breathing in secondhand smoke can irritate peoples' airways and can even trigger asthma attacks. The only safe way to avoid the effects of secondhand smoke is a completely smoke-free environment.

***7. Put the following statements into logical order:***

- a) secondhand smoke actually contains thousands of chemicals;
- b) take all the smoke breaks outside — away from other people, especially kids and anyone who's pregnant;
- c) quitting isn't easy because smoking is highly addictive;
- d) secondhand smoke significantly increases a person's risk for respiratory infection, asthma, cancer heart diseases;
- e) secondhand smoke comes from both the smoke that smokers exhale and the smoke bloating from the end of;
- f) the cigarette, cigar, or pipe. Never smoke in a car with other people;
- g) taking a stand on secondhand smoke will keep you much healthier.

### *Discussion*

**8. a) Prove by the facts from the text that secondhand smoke is harmful and it impacts a person in many possible ways.**

**b) Take turns.**

**9. Dwell on the diseases that secondhand smoke increases the risk for.**

**10. Speak about the dangers of secondhand smoke.**

**11. Work in groups of four or five:**

You are talking about anti-smoking campaign conducted. Smoking should be banned in public places. Why?

**12. Dwell on the short-sighted policy of the governments of many countries concerning advertising cigarettes.**

**13. The American Cancer society estimates 435 000 Americans a year die from smoking related diseases, including 143 000 from lung cancer. Express your opinions.**

## MODULE 4

### WHAT IS STRESS?

**1. Read the title of the text. Which of the following do you expect to read in it. Read and check:**

- how to minimize stress;
- how stress affects a person;
- how to reduce stress;
- how to cope with stress;
- how to keep stress under control;
- how to get rid of stress.

#### **Text “What Is Stress?”**

Stress is a state that occurs when people encounter events that they perceive as endangering their physical or psychological well-being. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

The events that provoke stress are called stressors, and they cover a whole range of situations — everything from outright physical danger to making a class presentation or taking a semester's worth of your toughest subject.

The human body responds to stressors by activating the nervous system and specific hormones. The hypothalamus signals the adrenal glands to produce more of the hormones adrenaline and cortisol and release them into the bloodstream. These hormones speed up heart rate, breathing rate, blood pressure, and metabolism. Blood vessels open wider to let more blood flow to large muscle groups, putting our muscles on alert. Pupils dilate to improve vision. The liver releases some of its stored glucose to increase the body's energy. And sweat is produced to cool the body. All of these physical changes prepare a person to react quickly and effectively to handle the pressure of the moment. This natural reaction is known as the stress response.

#### **Good Stress and Bad Stress**

Working properly, the body's stress response enhances a person's ability to perform well under pressure. But the stress response can also cause problems when it overreacts or fails to turn off and reset itself properly. In summary, stress is a state caused by stressors, resulting in the production of stress responses designed to cope effectively with an unpleasant situation. The stress response is critical during emergency situations, such as when a driver has to slam on the brakes to avoid an accident. It can also be activated in a milder form at a time when the pressure's on but there's no actual danger — getting

ready to go to a big dance, or sitting down for a final exam. A little of this stress can help keep you on your toes, ready to rise to a challenge. And the nervous system quickly returns to its normal state, standing by to respond again when needed.

But stress doesn't always happen in response to things that are immediate or that are over quickly. Ongoing or long-term events, like coping with a divorce or moving to a new neighborhood or school, can cause stress, too. Long-term stressful situations can produce a lasting, low-level stress that's hard on people. The nervous system senses continued pressure and may remain slightly activated and continue to pump out extra stress hormones over an extended period. This can wear out the body's reserves, leave a person feeling depleted or overwhelmed, weaken the body's immune system, and cause other problems.

### **What Causes Stress Overload?**

Although just enough stress can be a good thing, stress overload is a different story — too much stress isn't good for anyone. For example, feeling a little stress about a test that's coming up can motivate you to study hard. But stressing out too much over the test can make it hard to concentrate on the material you need to learn.

Pressures that are too intense or last too long, or troubles that are shouldered alone, can cause people to feel stress overload. Here are some of the things that can overwhelm the body's ability to cope if they continue for a long time:

- being bullied or exposed to violence or injury;
- relationship stress, family conflicts, or the heavy emotions that can accompany a broken heart or the death of a loved one;
- ongoing problems with schoolwork related to a learning disability or other problems;
- crammed schedules, not having enough time to rest and relax, and always being on the go.

Some stressful situations can be extreme and may require special attention and care. Posttraumatic stress disorder is a very strong stress reaction that can develop in people who have lived through an extremely traumatic event, such as a serious car accident, a natural disaster like an earthquake, or an assault like rape.

Some people have anxiety problems that can cause them to overreact to stress, making even small difficulties seem like crises. If a person frequently feels tense, upset, worried, or stressed, it may be a sign of anxiety. Anxiety problems usually need attention, and many people turn to professional counselors for help in overcoming them.

## Signs of Stress Overload

People who are experiencing stress overload may notice some of the following signs:

- anxiety or panic attacks;
- a feeling of being constantly pressured, hassled, and hurried;
- irritability and moodiness;
- physical symptoms, such as stomach problems, headaches, or even chest pain;
- allergic reactions, such as eczema or asthma;
- problems sleeping;
- drinking too much, smoking, overeating, or doing drugs;
- sadness or depression.

Everyone experiences stress a little differently. Some people become angry and act out their stress or take it out on others. Some people internalize it and develop eating disorders or substance abuse problems. And some people who have a chronic illness may find that the symptoms of their illness flare up under an overload of stress.

The most helpful method of dealing with stress is learning how to manage the stress that comes along with any new challenge, good or bad. Stress-management skills work best when they're used regularly, not just when the pressure's on. Knowing how to "de-stress" and doing it when things are relatively calm can help you get through challenging circumstances that may arise. Here are some things that can help keep stress under control.

- **Take a stand against overscheduling.** If you're feeling stretched, consider cutting out an activity or two, opting for just the ones that are most important to you.

- **Be realistic.** Don't try to be perfect — no one is. And expecting others to be perfect can add to your stress level, too (not to mention put a lot of pressure on them!). If you need help on something, ask for it.

- **Get good night's sleep.** Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with any negative stressors. Because the biological "sleep clock" shifts during adolescence, many teens prefer staying up a little later at night and sleeping a little later in the morning. But if you stay up late and still need to get up early for school, you may not get all the hours of sleep you need.

- **Learn to relax.** The body's natural antidote to stress is called the **relaxation response**. It's your body's opposite of stress, and it creates a sense of well-being and calm. The chemical benefits of the relaxation response can be activated simply by relaxing. You can help trigger the relaxation response by learning simple breathing exercises and then using

them when you're caught up in stressful situations. And ensure you stay relaxed by building time into your schedule for activities that are calming and pleasurable: reading a good book or making time for a hobby, spending time with your pet, or just taking a relaxing bath.

- **Treat your body well.** Experts agree that getting regular exercise helps people manage stress. (Excessive or **compulsive** exercise can contribute to stress, though, so as in all things, use moderation.) And eat well to help your body get the right fuel to function at its best. It's easy when you're stressed out to eat on the run or eat junk food or fast food. But under stressful conditions, the body needs its vitamins and minerals more than ever. Some people may turn to substance abuse as a way to ease tension. Although alcohol or drugs may seem to lift the stress temporarily, relying on them to cope with stress actually promotes more stress because it wears down the body's ability to bounce back.

- **Watch what you're thinking.** Your outlook, attitude, and thoughts influence the way you see things. A healthy dose of optimism can help you make the best of stressful circumstances. Even if you're out of practice, or tend to be a bit of a pessimist, everyone can learn to think more optimistically and reap the benefits.

- **Solve the little problems.** Learning to solve everyday problems can give you a sense of control. But avoiding them can leave you feeling like you have control and that just adds to stress. Develop skills to calmly look at a problem, figure out options, and take some action toward a solution. Feeling capable of solving little problems builds the inner confidence to move on to life's bigger ones — and it can serve you well in times of stress.

### **Build Your Resilience**

Have you ever noticed that certain people seem to adapt quickly to stressful circumstances and take things in stride? They're cool under pressure and able to handle problems as they come up. Researchers have identified the qualities that make some people seem naturally resilient even when faced with high levels of stress. If you want to build your resilience, work on developing these attitudes and behaviors:

- Think of change as a challenging and normal part of life.
- See setbacks and problems as temporary and solvable.
- Believe that you will succeed if you keep working toward your goals.
- Take action to solve problems that crop up.
- Build strong relationships and keep commitments to family and friends.
- Have a support system and ask for help.
- Participate regularly in activities for relaxation and fun.

**2. Now read the text more carefully and answer the questions.**

## Comprehension Check

- 1) What is stress?
- 2) What is the natural reaction of stress?
- 3) What provokes stress?
- 4) What is good stress?
- 5) What is bad stress?
- 6) What are the signs of stress overload?
- 7) How can we keep stress under control?
- 8) In what way does everyone experience stress?
- 9) What are extremely traumatic events in which a very strong stress can develop?
- 10) What can cause people to feel stress overload?
- 11) Is too much stress good for anyone?
- 12) When do stress-management skills work best?
- 13) Why is it important to know how to “de stress”?

**3. Find these words and word combination in the text about stress. Study the context carefully and try to work out the meaning:**

alertness, stressors, stress response, blood stream, dilate, vision, sweat, challenge, pressure, overwhelm, stress overload, anxiety, irritability, response, compulsive exercise, outlook, attitude, options, resilience.

**4. Match the words in Column A with their explanations in Column B.**

A	B
stamina	a complex chemical substance produced in one part or organ of the body that initiates and regulates the activity of the organ or a group of cells in another part
hormone	strength vitality, power of endurance
vision	the state of trouble or hardship; a pressing influence
pressure	make helpless or confused as with greater force or deep emotion
overwhelm	the capacity for sight
motivate	urgent and heavy demands
earthquake	be the motive if, provide with a motive for
anxiety	any great disturbance of social and political nature
upset	a corrupt practice or custom
abuse	cause to be disturbed
stressor	the ability to recover strength, spirits etc. quickly
resilience	troubled or worried feeling, concern
commitment	a great misfortune; an event that bring distress to many people, such as flood, earthquake



disaster	pledge, undertaking smth. to which one has committed oneself
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**5. Match the following adjectives with their nouns:**

nouns	pressures
intense	disability
learning	heart
broken	problems
on-going	situations (conditions/circumstances)
stressful	attention/care
special	event
traumatic	car accident
serious	disaster
natural	counselor
professional	attacks
panic	illness
chronic	circumstances
challenging	exercise
breathing	exercises
regular	exercises
compulsive	fuel
right	dose
fast	problems
healthy	
temporary	action
solvable	
positive	

**ROLE-PLAYING**

**6. You have been asked to participate in a radio talk show. People are phoning to learn positive and negative aspects of exercising to reduce stress.**

**7. Debate the problem “More exercise, less stress”. Express your arguments either for or against.**

**More exercise, less stress?**

Do you know how dangerous stress can be? It affects us both physically and mentally, so reducing stress is something that we should all try to do. While many people feel that the best way to get rid of stress is some form of exercise, there are other ways which are just as effective.

The benefits of physical exercise are obvious.

1. **First of all**, keeping fit helps your body stay strong and healthy.

2. **Therefore** you are less likely to get sick or suffer from stress-related health problems. **Such as** heart attacks and cancer.

3. **Exercise** is a good way to get rid of frustration and anger, because after exercise the brain produces hormones called endorphins which make us feel good.

4. **On the other hand**, if you are out of shape, exercise can be quite painful. You may pull a muscle or injure yourself.

5. **Furthermore**, exercising may even cause more stress. **Since** it will add to your already hectic schedule.

6. **In conclusion**, the best way to combat stress in our lives is to live a healthy life. As James Freeman Clark says, “Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well”.

### SKAN READING

8. *Read the text “More exercise, less strong”, which appeared on the editorial page, summarize in one magazine sentence the contents of each part of the text.*

a) *In groups of three or four discuss the negative aspect of stress, the problems of good stress and bad stress, the signs of stress overload.*

b) *In teams, make up five questions to the text you have read. Ask the opponent team to answer them. Reply to their questions.*

9. *Interview the members of the Department of Mental disease of the stress related health problems.*

10. *Finish the sentences with the words and word combinations from the text:*

1. The events that provoke stress ...
2. The natural reaction to stress is known as ...
3. Stress is a state that’s created when we react to ...
4. There are things you can do ...
5. Some stressful situations can be ...
6. Everyone experiences stress ...
7. Getting enough sleep helps keep our body and mind ...
8. The body’s natural antidote to stress is ...
9. Experts agree that getting regular exercises helps people ...
10. Under stressful conditions, the body needs its ...
11. A healthy dose of optimism can help you ...
12. Certain people seem to ...
13. Learning to solve everyday problems can give you ...

## TEST

### 11.

1. *Q: Dr. Selye, is it true that there is more stress in today's society than in years past?*

A: People often ask me that question, sometimes comparing our lives with that of the cave man — who didn't have to worry about the stock market or the atomic bomb. They forget that the cave man worried about being eaten by a bear while he was asleep, or about dying of hunger — things that few people worry much about today. In the end, I doubt whether modern man experiences more distress than his ancestors. It's not that people suffer more stress today; it's just that they think they do.

2. *Q: But isn't everybody subject to stress?*

A: That's right. Few studies have been done that permit me to answer in strictly objective, scientific terms, but as far as I can tell from talking to diverse groups — from businessmen to airtraffic controllers — everybody thinks he or she is under the greatest stress. The truth is that everybody actually is under stress because — and this may be shocking to take — if you really managed to avoid stress completely, you would be dead.

3. *Q: Then stress is normal state of affairs?*

A: Yes, and it's important that people understand what they are talking about when they speak about stress. Whenever anyone experiences something unpleasant, for lack of a better word they say they are under stress. Yet there is such a thing as pleasant stress — as in the case of the Olympic winner at the moment of his glory, or a conductor as his orchestra performs particularly well. They are just radiating excitement, and they are secreting all the stress hormones exactly the same as if they had just heard of a death in the family. We call the pleasant or healthy kind “eustress” and the unpleasant or unhealthy kind “distress”.

4. *Q: Are men and women equally subject to stress?*

A: Certainly. Let me add that the more the “women's liberation” movement permits women to take what have usually been considered male jobs, the more women are subject to so-called male diseases, such as cardiac infarctions, gastric ulcers, and hypertension. They get the same satisfactions, too, of course, but at a price.

5. *Q: Before we go any further, exactly what is stress — plain worry, or something more than that?*

A: In simple medical terms, I define stress as the response of the body to any demand. Stress is the state you are in, not the agent that produces it, which

is called a stressor. Cold and heat, for example, are stressors. But in man, with his highly developed central nervous system, emotional stressors are the most frequent and the most important. The thing for the average person to remember is that all the demands that you make — whether on your brain or your liver or your muscles or your bones — cause stress. For example, stress can occur under deep anesthesia, when your emotions are not engaged, or in animals that have no nervous system, or even in plants.

6. *Q: How can you tell when someone is under stress?*

A: There are two ways of going about this: One not accessible to the public is biochemical and neurological — measuring blood pressure, hormone levels, the electric activity of the brain, and so on. But there are other indices that anyone can judge. No two people react the same way, but the usual responses are an increase in pulse rate and an increased tendency to sweat. You will also become more irritable and will sometimes suffer insomnia, even long after the stressor agent is gone. You will usually become less capable of concentrating, and you will have an increased desire to move about. I was talking with a businessman this morning who asked if he could walk back and forth because he couldn't think well sitting down. That is a stress symptom everybody will know.

7. *Q: What are the more frequent causes of stress?*

A: One cannot generalize. They differ in various civilizations and historical time periods. At certain times, pestilence and hunger were the predominant cause. Another, then and now, is warfare or the fear of war. At the moment, I would say the most frequent causes of distress in man are psychological — that is to say, lack of adaptability, not having a code of behavior. One reason for this is that the satisfaction of religious codes has diminished in importance for mankind. So has the idea of being loyal to your monarch or leader. Even the satisfaction of accumulating dollars has been diminished by inflation.

8. So one of the main problems for youngsters these days is that they have no motivation. It is not that they are stupid. Dropouts include the brightest. But they don't believe what they are taught in school. And it's sometimes the most intelligent ones who then turn to drugs, alcohol, or other forms of abuse. They are very energetic, but they haven't anything to run for. The problem is expressed by the French writer Montaigne, who said: No wind blows in favor of the ship that has no port of destination.

9. *Q: Stress is basically bad for you, isn't it?*

A: Not necessarily. It's the same as saying, "John is running a temperature". Well, who isn't? What you mean is that John is running too high a temperature. This brings us to two important words — "hyperstress" or too much stress and "hypostress" or not enough stress. Both words are relative.

For me, it may not be enough; for you, it may be too much. But it is inconceivable that anyone should have no stress at all.

10. Most people who are ambitious and want to accomplish something live on stress. They need it. I like to use examples from the animal world because there is a biological basis for what I say. If you take a turtle and force it to run as fast as a race horse, you will kill it. So it's useless to say to a turtle-type human that he must accomplish this because his father was famous and his grandfather before that. You can't make a race horse out of a turtle. But the reverse is also true. If you are the race-horse type, as most efficient business executives and politicians are, you have the urge to do many things and to express yourself. If you are told not to do anything, you are under terrible distress.

11. *Q: Does excessive stress do any harm?*

A: By all means. For instance, you can be bothered by your mother-in-law or your boss to the point where you suffer continuously, until you have gastric ulcers and hypertension and all the rest. When people say, "it gives me an ulcer" or "a pain in the neck" or "a migraine headache" to do certain things, it's not just a way of talking. It actually does happen. Chronic exposure to stress over a long time may cause serious diseases — cardiovascular disease, heart attacks, mental breakdowns — the typical stress diseases, we call them.

12. *Q: How can people cope with stress?*

A: The secret is not to avoid stress but to "do your own thing". That is an expression to which I fully subscribe. It implies doing what you like to do and what you were made to do at your own rate. Medicine can help. There are good drugs for high blood pressure, for instance. But for most people, it is really a matter of learning how to live, how to behave in various situations, to decide: "Do I really want to take over my father's business or be a musician?" If you really want to be a musician, then be one.

### **12. Comprehension Check.**

A) *Comprehension Check* — mark the following statements as true (T) or false (F).

- ( ) 1. Modern man faces more stress than the cave man did.
- ( ) 2. Stress is a normal state.
- ( ) 3. Stress is always unpleasant.
- ( ) 4. Women and men are equally affected by stress.
- ( ) 5. The cause of stress are the same in all civilizations and periods.
- ( ) 6. The most common causes of stress today are economic.
- ( ) 7. Young people face less stress than older people do.
- ( ) 8. Too much stress can cause disease.
- ( ) 9. Different people have different stress needs.

( ) 10. People should try to avoid stress.

B) *Analysis of Ideas and Relationships.*

1. The main idea of paragraph 1 is that:

a) people in all ages have suffered stress;

b) cave men didn't have to worry about the stock market or the atomic bomb;

c) today's people suffer more stress than cave men did.

2. According to paragraph 2:

a) people should try to avoid stress completely;

b) everybody experiences stress;

c) air-traffic controllers experience more stress than businessmen do.

3. Put the following statements into logical order. Then refer to paragraph 7 to check your work.

a) "One reason for this is that the satisfaction of religious codes has diminished in importance for mankind".

b) "At the moment, I would say the most frequent causes of distress in man are psychological — that is to say, lack of adaptability, not having a code of behavior".

c) "So has the idea of being loyal to your monarch or leader".

4. Which statement is NOT necessarily true?

a) Stress is normal.

b) Stress is bad for you.

c) Stress can shorten your life.

5. The subject of paragraph 7 is:

a) causes of distress in modern times;

b) the importance of religion;

c) the importance of loyalty to a leader.

6. The main idea of paragraph 11 is that:

a) when people say, "It gives me an ulcer", they don't mean it;

b) you should try not to be bothered by people;

c) too much stress can be harmful.

7. The main idea of this article is that:

a) you should try to avoid stress whenever possible;

b) you should not try to avoid stress, but you should learn how to live in the best way for you;

c) you should never follow in your father's footsteps.

8. If you told Dr. Selye that your father wanted you to become a doctor, what do you think Dr. Selye would ask you?

a) "What kind of doctor does he want you to be?"

- b) “What do you want to be?”
- c) “Do you respect your father?”

Please explain your answer.

9. Dr. Selye’s views on stress are important because:

- a) he is a doctor;
- b) he has been doing research in his specialty — stress — for more than 40 years;
- c) both a) and b).

10. This article is an example of:

a) technical writing. It would probably appear in a journal written for scientists.

b) an interview. It would probably appear in a newspaper or magazine written for the general public.

c) an editorial. It would probably appear on the editorial page of a newspaper or magazine.

Please explain your answer.

# Listening comprehension

## PART I

**Before you listen answer the following questions:**

1. Do you want to stay healthy and fit?
2. Can physical fitness help people to live longer, feel healthier and cope with life's problems?
3. Various activities can help a person keep fit. What would you recommend?
4. Do you enjoy doing sports? Which?
5. Do you jog or do yoga?
6. Do you think and act cheerfully?

## PRE-INTERMEDIATE LEVEL

### Text I

#### “So, You Wanna Keep Fit, huh?”

#### I. Pre-listening exercise

**Ex. 1.** *Go over the words written below. Consult a dictionary if you don't know any of them.*

share, v	lungs, n
loose, adj	rush, v
relax, v	chest, n
warming up exercises	pain, n

#### II. General comprehension check

**Ex. 1.** *Listen to the recording. Here are some rules (a–e) for people to follow in order to keep fit and healthy. Number them in the logical order (1–5).*

- a) Never try to do too many exercises too soon.
- b) Always wear loose and comfortable clothes.
- c) You should always do some simple warming up exercises first.
- d) Stop immediately if you feel any pain in your chest, throat, neck or head.
- e) Don't forget to relax completely for about five minutes when you've finished workout.

#### III. Intensive comprehension check

**Ex. I.** *Write down the rules into your notebooks. Listen to the recording once again and match each rule (1–5) with its aim (a–e).*



Rules	Aim
1 .....	a. to get your body ready for the real thing.
2 .....	b. to rest a little bit after you have been exercising.
3 .....	c. to feel comfortable and relaxed.
4 .....	d. not to strain your health.
5 .....	e. to achieve success little by little.

#### IV. Language focus

**Ex. 1.** *Listen to the recording once again and put down into your notebooks the English equivalents for the following Russian ones.*

- a) Вы, несомненно, пришли в нужное место.
- b) Просто помните пять золотых правил.
- c) Всегда носите свободную и удобную одежду во время тренировок.
- d) Вам нужен небольшой отдых после занятий.
- e) Немедленно прекращайте, если почувствовали боль в груди, горле, шее или голове.

#### V. Follow up activities

**Ex. 1.** *Group work. Discuss the problem “What is the most important rule to keep fit in your opinion? Why?” Give your arguments.*

**Ex. 2.** *With your partner write down some more rules to follow in order to keep fit. Don't forget to give your reasons for them.*

### Text 2

#### “Football or Swimming? Which is Better for You?”

##### I. Pre-listening exercise

**Ex. 1.** *Study the following words which will help you understand the recording.*

flexible, adj.	breathe, v
squash, n	blood circulation
muscles, n	oxygen, n
carbon, n	lungs, n

##### II. General comprehension check

**Ex. 1.** *Listen to different ways of keeping fit. Answer the questions.*

- a) Why is swimming an excellent way of keeping fit?
- b) What's a very good way to become strong and flexible?
- c) Can you name the advantages of playing football?
- d) What is the difference between aerobic and unaerobic exercises?
- e) Can you give examples of these types of exercises from the recording?

### III. Intensive comprehension check

**Ex. 1.** *Listen to the recording again and decide whether the statements are TRUE or FALSE.*

- a) Squash is now a very popular game.
- b) Football helps to make your body more flexible.
- c) Football and squash are aerobic exercises.
- d) In unaerobic exercises you move all the time.
- e) Aerobic exercises make your heart stronger and improve your blood circulation.

**Ex. 2.** *Copy the chart below. Listen to the recording and fill in the information.*

	Types	Advantages
Aerobic exercises		
Unaerobic exercises		

### IV. Language focus

**Ex. 1.** *Listening to the tape-recording, fill in the missing prepositions in the sentences below.*

- a) You need a lot ... energy to play football.
- b) Football is popular all ... the world.
- c) Running is very good ... your heart, legs and lungs.
- d) There are two types ... exercises to keep fit: aerobic and unaerobic.
- e) You breathe oxygen ... your lungs.
- f) The oxygen goes ... your blood and then ... your heart.

### V. Follow-up activities

**Ex. 1.** *Complete the chart above by giving your examples of aerobic and unaerobic exercises.*

**Ex. 2.** *With your partner discuss their advantages and disadvantages.*

**Ex. 3.** *What types of exercises do you prefer? Why? Give your arguments.*

## INTERMEDIATE LEVEL

### Text 3

#### “My Going in for Sports”

#### I. Pre-listening exercise

**Ex. I.** *Study the words given below.*

- |              |             |
|--------------|-------------|
| resume, v    | confess, v  |
| gloomy, adj  | burn off, v |
| equipment, n | zoom up, v  |



## Text 4 “Keeping Fit for Elderly People”

### I. Pre-listening exercise

**Ex. 1.** *Study the following words which will help you understand the recording. Consult a dictionary if you need.*

mobile, adj.	ease up, v
sciatica, n	smart, adj
a bad bout	to run a club

### II. General comprehension check

**Ex. 1.** *Listen to the tape and match the two parts of the sentences.*

- |   |   |
|---|---|
| 1. I've always been interested in keep-fit, yoga and anything ... | a) ... run by the Salvation Army.           |
| 2. I joined a little club ...                                     | b) ... for about three quarters of an hour. |
| 3. When I've got a bad bout of sciatica ...                       | c) ... when I went there.                   |
| 4. We exercise ...  | d) ... I've got to ease up a bit.           |
| 5. I was a complete stranger ...                                  | e) ... to keep myself mobile.               |

**Ex. 2.** *Listen to the recording again and summarize the lady's experience how to keep fit. Use all the words and word combinations listed below in the order they are given to you.*

to keep mobile	to be a complete stranger
to join a club	to ease up a bit
needless to say	to get a bad bout of sciatica

### III. Language focus

**Ex. 1.** *Listen to the tape and insert prepositions or adverbs where necessary.*

1. I'm an elderly lady ... eighty-three.
2. We go ... all our tournaments ... music.
3. I've got to ease ... a bit.
4. We exercise ... three quarters ... an hour.
5. I am an example ... the rest... them.

### IV. Follow up activities

**Ex. 1.** *Work in pairs. Discuss the questions.*

What is your opinion of the lady's experience how to keep fit?

If you had an opportunity, would you be able to exercise in the same way as she does?

**Ex. 2.** *At the end of the story the woman says “I’m an example to the rest of them”. What is meant here? Discuss this problem with your partner.*

**Ex. 3.** *The proverb says: “Where there’s a will there’s a way!” Can the lady’s experience serve as a proof to this saying? And what’s your opinion? Debate the problem.*

## Dialogue 5 “Sports I Enjoy”

### I. Pre-listening exercises

**Ex. 1.** *Here are some words and word combinations from the recording. Can you explain their meaning?*

a beach volleyball	volleyball kit
tournament, n	dive, v
semi-finals, n	mention, v
knee-pads, n	obviously, adv

### II. General comprehension check

**Ex. 1.** *Listen to Martin’s interview and fill in the missing information.*

- a) Martin plays football, volleyball and ... .
- b) Beach volleyball is different from ... .
- c) I played for ... and we've got through to the semi-finals of different England tournaments.
- d) You need ... and obviously ... .
- e) Jumping to get a ball up in the air means ... .
- f) During the season, which ..., I play twice a week.

### III. Intensive comprehension check

**Ex. 1.** *Listen to Martin’s interview once again and fill in the chart below.*

	Winter	Summer	Tournaments
kinds of sport			
place			

**Ex. 2.** *Summarize Martin’s interview. Note down his sport achievements.*

### IV. Language focus

**Ex. 1.** *Listen to the recording and find the English equivalents to the following Russian sentences.*

- a) Это подвижная игра и это ещё одна причина, почему я получаю удовольствие от неё.
- b) Вы упомянули, что вы участвовали в соревнованиях.

- c) Прежде всего вам нужны сетка, мяч и, несомненно, корт.
- d) Это, похоже, звучит как плавание.
- e) Во время сезона, где-то с сентября по июнь, я играю два раза в неделю.

V. Follow up activities

**Ex. 1.** *Group work. Debate the problem: "Sports: For Fun? For Health? For Breaking Record?"*

**Ex. 2.** *Express your opinion on the following "A sound mind in a sound body".*

**UPPER-INTERMEDIATE LEVEL**

**Text 6**  
**"My Kind of Sport"**

I. Pre-listening exercises

**Ex. 1.** *Here are some words and word combinations from the recording. Can you give synonyms or explain their meaning?*

- |                 |                   |
|-----------------|-------------------|
| to be keen on   | to get a tan      |
| to be exhausted | to book courts    |
| appreciate, v   | exhilarating, adj |
| thrill, n       | stamina, n        |

II. General comprehension check

**Ex. 1.** *You will hear three people talking about their favourite sport. What kind of sport is each of them keen on? Listen to the recording and complete the message for the speakers. Try to make use of the words listed above.*

Joe ...

Brian ...

Stephanie ...

**Ex. 2.** *Read the following expressions. Before listening, see if you can remember or guess which description matches which sport. Then listen again to see if you were correct. The first is done for you.*

- |  |               |
|--|---------------|
| a) needs a lot of energy                         | <u>squash</u> |
| b) is exciting and thrilling                     | _____         |
| c) can be dangerous                              | _____         |
| d) is very popular and fashionable at the moment | _____         |
| e) is fast                                       | _____         |
| f) requires stamina                              | _____         |
| g) you can't play for a long time as it's tiring | _____         |

h) is expensive

III. Intensive comprehension check

**Ex. 1.** Listen to the tape and fill in the table with details from the conversation.

- a) When did these people begin playing their sport?
- b) Do they still play now? (yes or no)

Joe	Brian	Stephanie

**Ex. 2.** Write down exactly what they say about the length of time they have played their sport. You will need to listen to this part again.

Joe ...

Brian ...

Stephanie ...

IV. Follow-up activities

**Ex. 1.** Prepare some interview questions to the speakers. Write them down in your notebooks.

**Ex. 2.** Discuss with your friend what sport can do for you. When people are asked such a question, they usually give one of these answers:

- a) To have a healthy mind, you must have a healthy body.
- b) Sport builds one's character. It's good for moral development.
- c) Sport teaches us how to lose as well as to win.
- d) There are no social differences in sport. Everybody is equal.

Do you accept them completely? What, if any, are your objections? Try to persuade your friend of the advantages of your sport.

## Listening comprehension

### Part II

#### Text 7

You'll hear Gillian and Anne talking about a recipe.

Listen to their conversation and write down to order in which each activity takes place by writing 1, 2, 3, 4 etc, beside each phrase.

## Recipe for Beef Stew

Add the red wine ...  
Take out the vegetables ...  
Cook it slowly for about two hours ...  
Fry the beef ...  
Fry the tomatoes and onions ...  
Add the water ...  
Put everything into a deep saucepan ...  
Add the spices ...

## Tapescripts

### Text 1

#### “So, You Wanna Keep Fit, huh?”

**Collins:** Hi there! I’m Crystal Collins, and I’m happy to share some time with you. So, you wanna keep fit, huh? Well, you sure came to the right place! Together we can keep fit and healthy and be more successful. It’s easy. Everybody can do it, you hear? Just remember the five golden rules:

Number one. Always wear loose and comfortable clothes when you’re exercising. You *need* to feel comfortable and relaxed. Number two. You should always do some simple warming up exercises first to get your body ready for the real thing. Number three. Never try to do too much exercise too soon. Take it nice and easy now, you hear? There’s no rush about this. Number four. Don’t forget to relax completely for about five minutes when you’ve finished your workout. You need to rest a little bit after you have been exercising.

And here’s golden rule number five. Stop immediately if you feel any pain in your chest, throat, neck or head.

**Collins:** I hope you’ve done the simple warming-up exercise from the book. You have? Fine! Now I think we’re ready for something little harder. Today’s exercise will give you stronger legs and healthier lungs. So put that cigarette out! You need a strong chair. Stand in front of the chair and put your right foot on the seat. Now step up onto the seat. Stand still. And step back down. Now do it again. This time start with your left foot. On the seat. Step up. Stand still. And step back down. Now. Can you do this ten times? Let’s go!

### Text 2

#### “Football or Swimming? Which is Better for You?”

Swimming is an excellent way to keep fit and it makes your body more flexible and makes it very strong. Energy level 2.



Squash is now a very popular game. It's also a very good way to become strong and flexible. But you need a lot of energy. Energy level 3.

Football is popular all over the world. You need a lot of energy to play football well, but anybody can start playing. It makes your legs and your body very strong. It also helps to make your body flexible. Energy level 2. Running is a good way to keep fit. Anyone can do it. Running can help you to make strong. It also helps to make your body more flexible. Energy level 2. Football or swimming? Which is better for you? There are two types of exercises: unaerobic and aerobic. Football and squash are unaerobic exercises. In unaerobic exercises you move suddenly and quickly. They make your muscles stronger but they don't help your heart very much. Swimming and running are aerobic exercises. In aerobic exercises you move all the time. They make our heart stronger and they improve your blood circulation. How do aerobic exercises help? Aerobic exercises are better for you. You breathe more oxygen. Your heart works hard and this helps your body.

1. You breathe oxygen into your lungs.
2. The oxygen goes into your blood and then to your heart.
3. The heart sends your blood around your body.
4. Your body takes oxygen out of your blood and puts carbon dioxide into it.
5. Your blood goes back to your heart then to your lungs.
6. You breathe air out of your lungs.

### **Text 3**

#### **“My Going in for Sports”**

I love many sports, but best of all — skiing. I first skied when I was six years old, and I lived in Canada, and then for many years, in fact decades, I wasn't able to ski again because I was living in hot places. But since I've been living in England, I've resumed skiing and it's even better than it was. For now the place to ski is the Alps, and particularly France. I live in England and the winters are gloomy, and there's not much sun, so one of the wonderful things about skiing for me, is the light and the brilliant sunshine that I find high up in the mountains. A lot of other people like it too and it can be rather crowded, especially around the lifts because you now have mechanical lifts that take you zooming up, flying up the mountains like a god whereas in Canada I had to walk up if I wanted to ski down. The equipment you need are skis, and boots and poles. Many people own their own equipment but I have mine in the resort. I do have my own clothes though, and clothes are very important because skiing is quite a fashion-conscious sport. Also, it's necessary to have clothes that will protect you because the weather can be very severe. You need a ski suit, a hat, goggles to protect your eyes, socks, mittens. A rucksack is useful to carry around your bits and pieces. Now at the point I have to confess that I am not the world's greatest skier. I would say I am a respectable skier.

I'm a safe skier, but that doesn't stop you having a wonderful time. Also there's the social life that is such an important part of skiing. You can eat and drink as much as you want because you know you burning it all off. And then at the end of the day there's the evening, food and wine with friends and everybody talking about their excitements during the day! I love it.

#### **Text 4** **“Keeping Fit for Elderly People”**

I'm elderly lady of eighty-three and I've always been interested in keep-fit, yoga and anything to keep myself mobile, and two years ago, I joined a little club run by the Salvation Army, where about eighteen of us meet together and we go through all our movements with music — it's very enjoyable. Needless to say, I am the oldest one there, but I'm able to do most of the exercises when I feel OK. When I've got a bad bout of sciatica, I've got to ease up a bit. How often? I go once a week on a Thursday for ... oh we exercise for about three quarters of an hour, and then we end up with having a nice lunch, which is always very good, and that is at the Salvation Army Hall in Branksome. Who with? Lots of my friends; I have made friends since joining because I was a complete stranger when I went there but now there are a lot of people I can call friends. And for this keep-fit we just wear a leotard with a nice bright yellow low top and feel very smart. And across the top it says, “Branksome is fighting fit”. And am I good at it? Well — I think I am ... and the instructress tells me, or tells the others rather, that I am an example to the rest of them.

#### **Dialogue 5** **“Sports I Enjoy”**

*I = Interviewer M = Martin*

**I:** So Martin, what sports do you play?

**M:** I play football, volleyball, tennis and table tennis but volleyball is my favorite game as it's a team game and you can play it with your friends, and enjoy it as a team.

**I:** Is it quite a fast game as well?

**M:** Yeah. It is a fast game and that's another reason why I enjoy it.

**I:** How exciting...

**M:** Yes.

**I:** Where do you play, then?

**M:** I play at local sports centers more during the winter and sort of play in tournaments around England. I also, in the summer, play beach volleyball.

**I:** Is beach volleyball different from the volleyball you play in the centers?

**M:** Yes, it's a very different game. Instead of six players on a team, it has only two players.

**I:** You mentioned you played in tournaments — now do you do quite well in the tournaments?

**M:** Yes, I've played for South West England and we've got through to the semi-finals of different England tournaments, and for Wessex, my other volleyball team, we've actually won a few tournaments. So yes, I have done quite well.

**I:** Oh well done! What sort of equipment do you need?

**M:** Well, first of all you need the ball and the net, and obviously the court... but you may also need kneepads and your volleyball kit.

**I:** OK... kneepads because you fall on your knees a lot?

**M:** Yes... 'cos you... when diving and things like that ...

**I:** Diving?

**M:** Diving ... yeah.

**I:** It sounds like swimming. That means jumping to catch the ball?

**M:** Yeah, jumping to get a ball up in the air.

**I:** Yes, all right. So how often do you play volleyball then, Martin?

**M:** Well during the season, which is about September to June, I play twice a week. One of those is training, and one of those is a match. And during the summer I play beach volleyball, but that's only once a week.

## **Text 6** **“My Kind of Sport”**

### **a) Jo**

Well, I've been playing it since I was at school — since I was quite young, 'cos my dad was always very keen on it and he used to give me lessons, and then at university I joined a team and we used to play quite a lot. It's quite fashionable at the moment, actually, all over Europe it's becoming more fashionable and it's often difficult to book courts, you've got to get in there a week before. I like it because it requires a lot of stamina, you've got to be fit, it's constant running right the way through and it doesn't take a long time. You can take off an hour at lunchtime, go off, play, have a shower, come back and it's all over with, and you've done a lot and it's not a lot of standing around, it's movement all the time. You're often absolutely exhausted at the end, and you can't really play for two hours at a shot although some people do. It's usually for quite a short time.

### **b) Brian**

I think I've been playing now for nearly forty years, ever since I was a little kid on the beach at Blackpool, and it's always been my great passion in life. When I watch a game I appreciate the athletic skill of the players,

the tactics of the manager or coach, and the thrill of the uncertainty, just not knowing how the game's going to go, even when a very strong team's playing a very weak team. There's always that possibility of a surprise, of the unexpected moment changing the game.

**c) Stephanie**

Well, I've been doing it every winter holiday since I can remember. I love doing it because it's a skill that improves every time you do it, it's last and it's exhilarating and although it's really cold you can still get a tan when you do it. Of course the scenery's beautiful and it's really nice when you're tired to go and have a drink in a bar afterwards. Of course the problem is that it's expensive — you have to buy the equipment; the instruction's expensive too and it's really dangerous, you can always break a leg doing it, but apart from that, I really like it.

**Text 7**  
**Dialogue**

**A.** All right. I've got all the ingredients ready for the beef stew. What do I do now?

**B.** Well, first you should fry the vegetables lightly with the tomatoes and the onions. Just fry them for about five minutes.

**A.** All right. Then what do I do?

**B.** Then take them out of the pan and fry the pieces of beef for about five minutes.

**A.** Fry the beef for about five minutes?

**B.** Yes, until it's brown. Now, put the beef and the vegetables into a deep saucepan.

**A.** Yes, I've done that.

**B.** Now, you can add the spices add salt, pepper bay leaves and paprica.

**A.** Right. And now what do I do?

**B.** Now take about three cups of red wine and add that to the pan.

**A.** Three cups of wine?

**B.** That's right.

**A.** Is there anything else to add?

**B.** Yes, add two cups to water.

**A.** Two cups of water.

**B.** Now, all you have to do is to cook is slowly for about two hours.

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