



# 1<sup>st</sup> semester

# **Topic 25, 28:**

## **“HEALTH IS WEALTH”**



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Active lifestyle



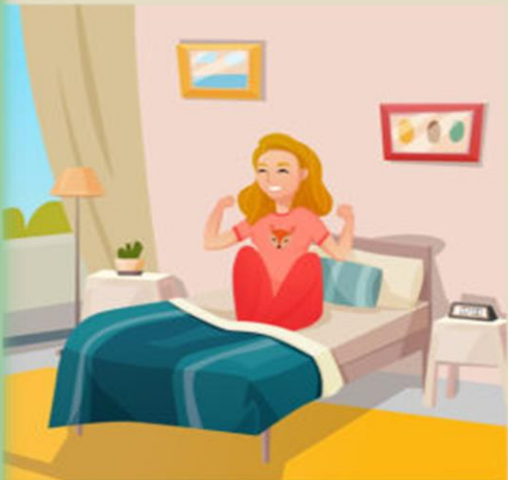
Walk



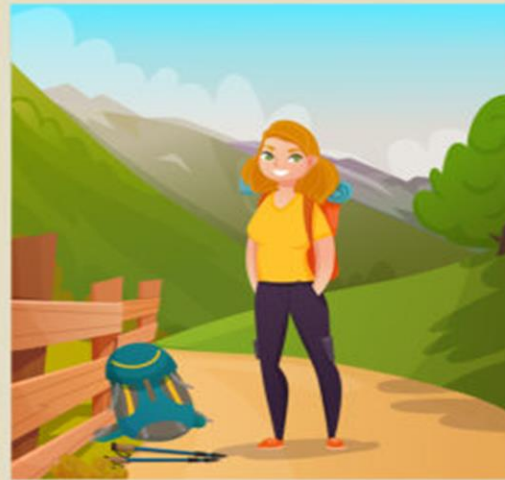
Morning run



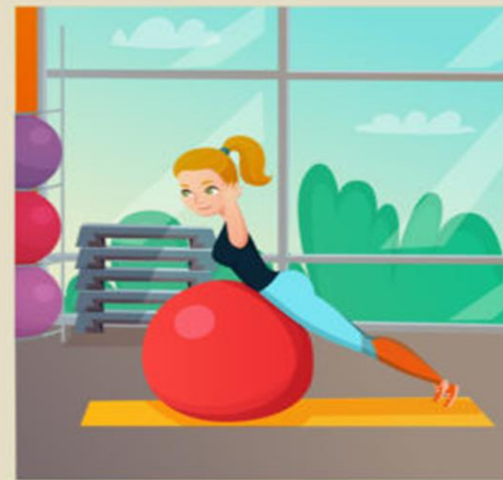
Fitness



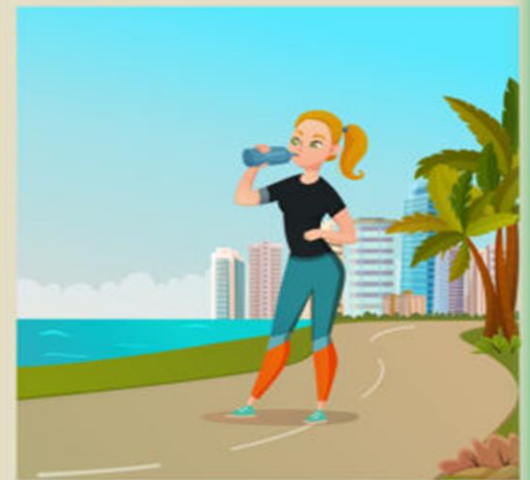
Daily regime



Hiking



Aerobics



More water

# EASY WAYS TO BE HEALTHIER

## THINK POSITIVE AND FOCUS ON GRATITUDE

Research shows a healthy positive attitude helps build a healthier immune system and boosts overall health. Your body believes what you think, so focus on the positive.



think  
P O S I T I V E  
feel  
P O S I T I V E  
live  
P O S I T I V E



# EASY WAYS TO BE HEALTHIER

## EAT YOUR VEGETABLES

Shoot for five servings of vegetables a day — raw, steamed, or stir-fried. A diet high in vegetables is associated with a reduced risk of developing cancers of the lung, colon, breast, cervix, esophagus, stomach, bladder, pancreas, and ovaries. And many of the most powerful phytonutrients are the ones with the boldest colors — such as broccoli, cabbage, carrots, tomatoes, grapes, and leafy greens.





# EASY WAYS TO BE HEALTHIER



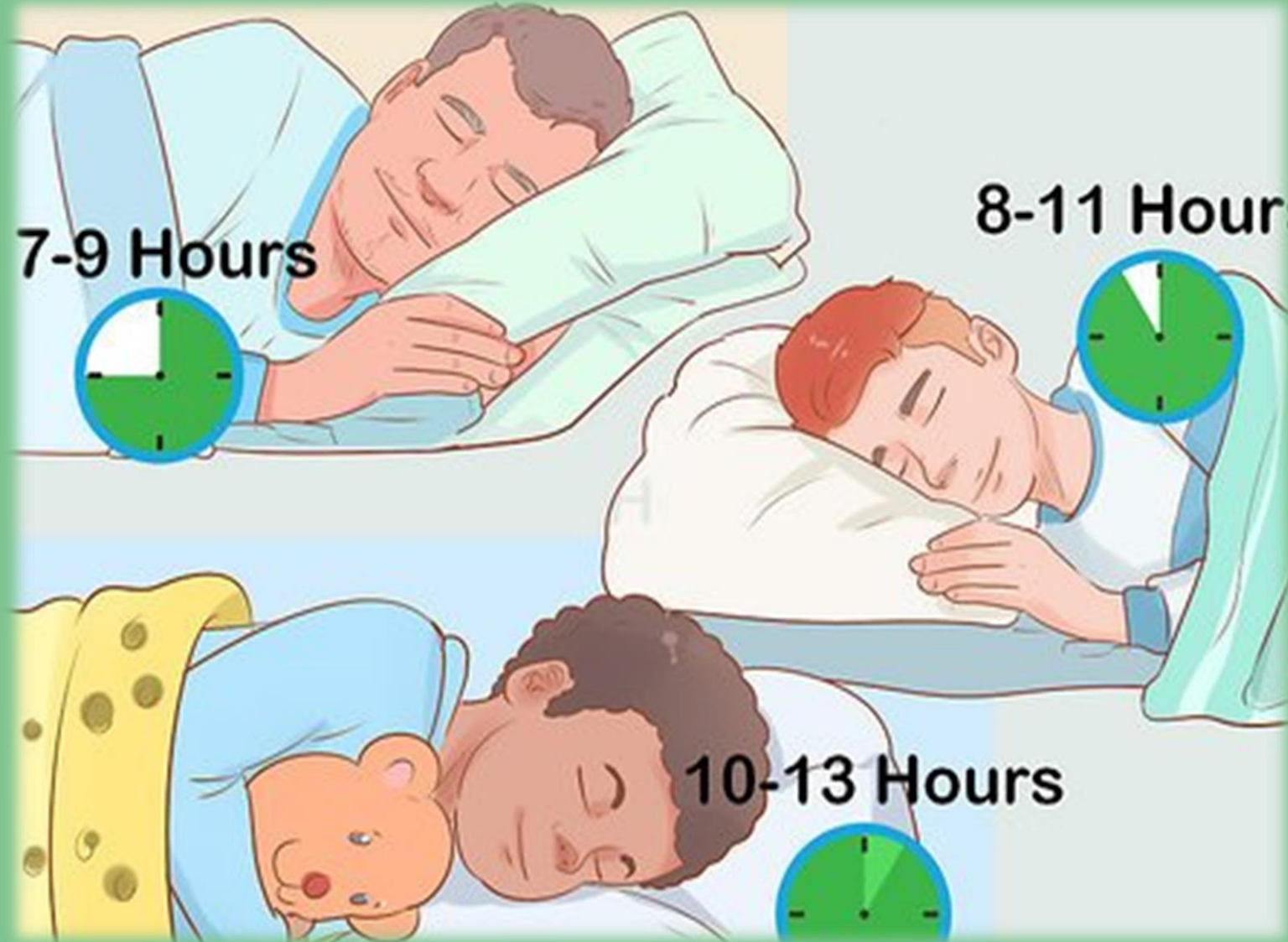
## EXERCISE DAILY

If you want to live well and live longer, you must exercise! Studies show that even ten minutes of exercise makes a difference — so do something! Crank the stereo and dance in your living room. Sign up for swing dancing or ballroom dancing lessons. Jump rope or play hopscotch. Spin a hula hoop. Play water volleyball. Bike to work. Jump on a trampoline. Go for a hike.





# EASY WAYS TO BE HEALTHIER



## GET A GOOD NIGHT'S SLEEP

If you have trouble sleeping, try relaxation techniques such as meditation and yoga. Or eat a small bedtime snack of foods shown to help shift the body and mind into sleep mode: whole grain cereal with milk, oatmeal, cherries, or chamomile tea. Darken your room more and turn your clock away from you.



# HEALTH

## Phrasal Verbs

**Pass away** = Die



E.g. His mother **passed away** last year.

**Run over** = Hit by a vehicle



E.g. Two children were **run over** and killed.

**Come down with** = Become sick (not seriously)

E.g. I think I'm **coming down with** the flu.



**Fight off** = Resist an illness

E.g. I'm trying to **fight off** a cold.



**Come to** = Become conscious

E.g. When he **came to**, he was lying on the floor with his hands tied behind his back.



**Pass out** = Faint, lose consciousness

E.g. People everywhere were **passing out** from the heat.







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