

HEALTHY LIFESTYLE

• Why is health important?

People want to be healthy because they want to live long. If they want to be healthy, they have to look after their body and mind. People should **exercise/do sports, eat healthy food, get enough sleep/ relax, get fresh air and be outside and avoid stress, taking drugs and eliminate smoking and drinking too much alcohol.**

• What is a healthy diet?

A healthy diet means eating healthily, not eating too much fat, sugar and junk food. People should cut down on fatty food. I like/ I don't like/ I don't eat/ I prefer/ when I'm busy I sometimes have fast food. I **try to eat a balance of all foods**. I eat a lot of/ some/ little fruit and vegetables. **People should eat a few pieces of fruit and vegetables every day.** You shouldn't eat much and get overweight, because it's dangerous for your heart. You can get a heart attack.

• Do you eat healthily? What do you eat?

I have breakfast at 7a.m. I usually have müsli and a cup of coffee for breakfast. **At 10 o'clock we have a snack break**, it is a 20 minute-break. **At lunchtime we have dinner in the school canteen.** We usually have meat – pork, beef, chicken or fish and sauce and some side dishes such as potatoes, rice, dumplings or pasta. In the afternoon we have another snack and **in the evening people either have cold meals – supper [sapr] / a slice of bread or a roll and ham or cheese or they have another dinner, warm meal** – for example pizza, spaghetti, meat/ chicken and potatoes or any other side dishes that Mum made the day before. Some people have something while watching an evening film, but it is not healthy.

• Do you do sports? What sports are best to keep fit?

I sometimes go to the gym, play volleyball. Once a week I go jogging to the river. Three times a week I go to the fitness centre, I do bodybuilding. I go swimming/ I go to a swimming pool. I rarely (málokdy/ zřídka) do sports, I am lazy/ I'm a couch potato. People should be outside, breath fresh air. **People**

should take a sport, join a sports club and do a sport regularly.

• What bad habits do you have?

I sometimes smoke. I smoke 4 cigarettes a week. I smoke **occasionally**. [okejšnli] (příležitostně) I do not eat much healthily/ I do not eat healthy food. I am a vegetarian, I eat healthily. I sometimes eat at McDonald's/ I sometimes have fast food. I do sports twice a week. I go to the mountains in winter, I go to the sea in summer. I am very busy during the day but in the evenings I do yoga.

• Why is smoking bad for your health?

In the 16th century Spanish explorers first brought smoking to Europe, they saw Native Americans/ indians smoking at their rituals. People in the whole world started to smoke because they felt good. It was a symbol of freedom, it was a stimulant for the brain and relaxant. It was a fashion. They didn't know how **addictive** nicotine was. **It is a drug and people get dependent on it/ they get addicted- physically and mentally.** Today it is **not allowed to**

smoke in public places – at bus stops, in workplaces, schools, hospitals, state buildings, 78% of people want to **ban smoking** in restaurants. We have some non-smoking restaurants, in some restaurants it is **not allowed to smoke at the lunchtime.**

• What are some basic health problems?

Some people frequently get a headache / stomach ache / backache. In winter they **catch a cold or a flu, they have a high temperature, they are sick and they have a sore throat**. If they have an accident like falling off their bike, falling down when skiing, they can break their leg or arm. A lot of people are allergic to something / have allergies these days.

• What should you do if you have a cold?

If I have a cold, I **take vitamins, drink tea with honey and lemon. I rest, sleep, stay in bed, don't go to school, stay at home**. If I have a temperature or my body aches, **I take tablets / medicine** to reduce my temperature / take away the pain.