

Lesson 9. Your steps to a healthy life style

1. What does one need to do to live a long, healthy and happy life?

2a.  Listen to the text and guess how old the man is.

2b.  Listen again and check your predictions. What do you think about the man's lifestyle?

3.  Listen, read a newspaper article about the oldest person in the US and say what his secret of long life was.

The world's oldest man, Walter Breuning, died at the age of 114.

He put his long life down to eating just two meals a day, working as long as he could, and always ready for change.



He died of natural causes (естественные причины) at a hospital in the USA.

Walter Breuning was born on 21 September 1896. As a kid, Breuning had no electricity or running water – his mum had to bring water from an outside to give him a bath.

In an interview shortly before his death, Breuning said he wasn't afraid of dying.

He also said: "Everybody says your mind is the most important thing about your body. Your mind and your body. You keep both busy ... you'll be here a long time."

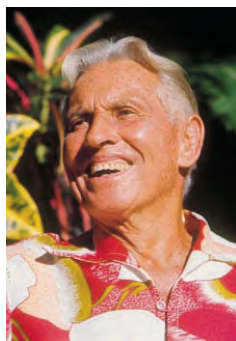
4a.  Listen and read a newspaper article about Paul Bragg and say what his secret of a long and healthy life was.

Paul C. Bragg – a health legend

Paul Bragg began his journey into physical fitness as a very sickly teenager and lived to the age of 95. The following extract is taken from his book *Healthful Eating*:

Hippocrates¹, the father of the natural healing sciences said: “Food will be your medicine, and medicine will be your food.” “Strength, growth, nourishment² result from the right food.”

These statements are equally true today. We know that the only real cures (лечение) come from food. As an example, let’s take scurvy³, the disease that kills thousands around the world every year. It can definitely be cured by massive doses of Vitamin C.



I could go on and on speaking about the importance of nutrition. Food is the magic doctor. Drugs cannot make such claims. Travel the world over, and you will find the shelves full of every imaginable kind of food.

Yet with all this great variety of food, we are poorly nourished. Being overfed can be even more dangerous than being underfed.

Important nutrients are missing in the daily diet. Too much rich food – such as fatty meats, dairy products, eggs, sugary and salty foods – are just as dangerous to good health as too little food....

My early experience

My life was saved by the science of nutrition. At the age of 16, I had a terminal case of T.B. (tuberculosis [tjuːbɜːkjʊˈləʊsɪs]). By the grace of God, I was led to Dr. August Rollier in Switzerland, a man who was ahead of his time in the science of nutrition. From a boy dying with a bad disease – for whom not one doctor in America could hold out any hope of recovery – I became a healthy young man.

Seventy years later

Ever since my recovery I have had a painless, tireless, ageless body. I have been an outstanding athlete in many sports. And today, as a great-grandfather, I am still an athlete – at the

¹ **Hippocrates** [hɪˈpɒkrətiːz] – Гиппократ – древнегреческий врач, «отец» медицины

² **nourishment** [ˈnʌrɪʃmənt] – nutrition

³ **scurvy** [ˈskɜːvɪ] – цинга

age when most men of my calendar years are old people with one foot in the grave (в могиле) or already in the grave.


I still jog, swim miles at a time, climb some of the world's highest mountains, play tennis. I write several books a year, and have a lecture schedule that takes me around the world.

I still have all my own teeth, and a scalp full of healthy hair. My blood pressure is 124/73, and I have a strong, steady pulse of 64. My vision is as keen as an eagle's, and my hearing as sharp as an alert animal's. It became possible only because of proper food and daily exercise...

4b. Read the article again and say if the sentences are true or false.

1. Hippocrates said, "Strength, growth, nourishment result from the right food."
2. Being overfed is less dangerous than being underfed.
3. Many rich people as well as poor people are not properly fed.
4. Paul Bragg was a very strong child and teenager.
5. As an elderly man Paul Bragg had a painless, tireless, ageless body.
6. He could jog, swim, climb some of the world's highest mountains, and play tennis when he was well over seventy.
7. His eyes were not so good as his hearing.
8. Paul Bragg died at 95.

5. Work in pairs. Discuss what impressed you most of all in the texts.

6a.  Look through the texts and write 3 steps to a healthy lifestyle. Explain why these steps are important. Work in pairs or in groups.

6b. Discuss with your classmates what further steps you would like to add.

7. Think what you would like to change in your life to make yourself healthier. Work out your action plan and write it down.

Project 

A healthy lifestyle poster