

10 WAYS TO be Healthy

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POCKET READERS

10 WAYS TO - Series Overview

The 10 WAYS TO series provides advice, skills, and strategies to the readers for successfully negotiating different aspects of life. Each book suggests 10 clear, useful ways to the reader. The reader is encouraged to critically reflect on the reading material and their own lives in order to make any changes that would benefit them. The series includes the following.

- 10 ways to achieve work-life balance
- 10 ways to be more productive
- 10 ways to manage money
- 10 ways to be successful in love
- 10 ways to be assertive
- 10 ways to be smart online
- 10 ways to be environmentally friendly
- 10 ways to be healthy
- 10 ways to work in a team
- 10 ways to organize a trip

More titles will appear in the series at a later date.

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Introduction

Being healthy is very important. We all like to feel healthy. Life can be difficult if we are sick. Many of us may have different pains from time to time. We may feel tired. We may sometimes not have enough energy to go to work or school. But, this can cause other problems. If we don't work, we could have money problems. If we don't go to school, we could have problems with our studies. And, going to the hospital or seeing a doctor takes time and money. Our health can *affect* everything. It can affect our work, our study, our family, and our friends. When we feel sick we do not feel like doing anything.

You can enjoy your life more when you

are healthy. You can do more. You can live longer. You can live a much better life. So, it is important to keep your body and your *mind* healthy. Also, feeling healthy in your body and mind makes you feel good about yourself.

In our busy lives, it is easy to forget to take care of ourselves. We get too busy and have too much stress. Stress is not healthy for the body or the mind. We often make choices that make our lives easier. But, these choices are not good for our health. We get into bad *habits* that are not good for our health.

Now, stop and think for a moment. Are you healthy? Do you take good care of your health? Would you like to be healthier? Let's look at some ways you can do this:

1. Do exercise

Doing a little exercise each day is a great way to become healthier. Many of us sit down all day. We sit and work. We sit in front of our computers. We sit in cars, buses, or trains. We sit and watch TV. We do not get any exercise. So, many people can have health problems. This is a modern-day problem. We have machines that do our work for us. We drive everywhere. We do not move enough.

To be healthier, do more exercise. Join a gym. There are many gyms. You can exercise on machines. You can join an exercise class. Or, you can walk. Walking is great exercise. And, you can do it at anytime and anywhere.

Go for a short walk every day. Count your steps on a *pedometer*. Slowly increase your steps. Set a goal of how many steps you will walk in one day. Walk to the station in the morning. Use the stairs, not the *escalators*. Your steps will quickly increase. And, you will feel healthier. Cycling is also good exercise. Can you cycle to school or work? Then, do so! Swimming is another way to exercise. It is good for your whole body. Is there a swimming pool near you? If yes, then go there often. You do not have to do hard exercise. You just need to make small changes.

2. Eat a *balanced* diet

When we are busy, it is difficult for us to eat healthy meals. It is easy for us to buy *junk food* or fast food. *Nutrition* is important for our health. Junk food and fast food are cheap and easy to buy. But, they are not nutritious. This is not healthy for us. When we eat junk food, we want more of it. It is easy to eat too much junk food. So, we gain weight. And, we do not feel good about ourselves. This is not healthy for the mind or the body.

Do you often eat fast food? Do you eat junk food in front of the TV? Why not take the time to make a healthy meal? You can get ideas from books or the Internet. Make time to

cook a good dinner. Start eating a balanced diet. A balanced diet means eating nutritious meals. These meals include food from all the different food groups. Different foods have nutrition for different parts of our bodies. Each one is important for our health. Also, to be healthy, eat three times a day. Make eating a good meal important. Put your food on a nice plate. Look forward to eating it. Eat slowly and enjoy your food.

Reflection Questions

1. Can you remember the 10 ways to be healthy? Test yourself. If you forget any, go back, and read them again.
2. Do you do any of the 10 ways to be healthy in your life? If so, which ones do you do?
3. How could you use any of the 10 ways to be healthy?
4. What do you think you will do differently in your life after reading this book?
5. Can you think of other ways to be healthy?

Vocabulary in Context

1. Affect

- Our health can **affect** everything.
- The winter **affects** my mood. I always feel sad when it is cold.
- He was deeply **affected** by his grandmother's death.

2. Mind

- So, it is important to keep your body and your **mind** healthy.
- I am worried about the test. I cannot get it off my **mind**.
- I don't know what to eat. I keep changing my **mind**.

3. Habits

- We get into bad **habits** that are not good for our health.
- A bad **habit** can be difficult to stop; for example, smoking or biting your fingernails.
- I make it a **habit** to take a long walk every evening.

Vocabulary List

Affect:	(Verb) to change or influence something or someone else.
Mind:	(Noun) the part of us or our body that we use to think or to understand things.
Habits:	(Noun) something that we do often or regularly or over and over again. Some habits are good, and some are bad.
Pedometer:	(Noun) a small device or an application that counts how many steps you take when you are walking.
Escalator(s):	(Noun) a staircase that moves up or down. Escalators are often in train stations, airports, and tall buildings.
Balanced:	(Adjective) to describe when different things, or different parts of something are in the same amount, or in the right amount. For example, a balanced diet includes food from all the different food groups.
Junk food:	(Noun phrase) food that is quick and easy to get but which has no nutrition. It can have a lot of sugar in it. Junk food includes potato chips, hamburgers, cookies, donuts and so on.
Nutrition:	(Noun) the thing in food that makes it good for you and keeps your body healthy. Nutritious (Adjective) describes food that is good for you and has lots of nutrition.
Blood pressure:	(Noun phrase) is the measurement that tells you how strongly your blood is going into and out of your heart.
Bone(s):	(Noun) are the hard parts inside our bodies that give it structure. The skeleton is made up of our bones.