

9 A Healthy Life

9A How to Stay Well

VOCABULARY Health and fitness

1 Review Complete the sentences with these words and phrases.

captained	compete	gold medal
great attitude	great technique	scored
smashed	world championships	world records

- 1 Heptathlete Jessica Ennis-Hill won a _____ at the 2012 Olympics.
- 2 He _____ the US cycling team for two seasons.
- 3 She has a really _____—she never gives up, even if she's losing.
- 4 Having _____, whether it's footwork or handling a racket, is essential for success in sports.
- 5 Amazingly, they _____ seven goals in the second half!
- 6 Athletes that _____ at the highest level internationally may take part in the _____.
- 7 Jamaican sprinter Usain Bolt _____ three _____ at the Beijing Olympics.

2 Review Choose the correct words to complete the sentences.

- 1 Jian-Yang plays basketball for the school team. He's a *forward / backward / front*.
- 2 Have you been watching Liliana play? She just scored a *great game / record / goal*.
- 3 He's a talented swimmer who has *held / won / set* more than 50 medals during his career.
- 4 She was one of the most productive members of the hockey team last *season / period / calendar*.
- 5 Tennis players need to be very *aware / energetic / passionate* to make it through a long match.
- 6 Jack is playing brilliantly. He's the real *shine / sun / star* of the team this year.

3 Choose the correct options to complete the text.

Studies show that a poor diet and lack of exercise can lead to a variety of problems. Eating foods that lack nutrients and contain a lot of refined sugar will have a **(1)** _____ on your body.

Avoid eating too much meat, but ensure that your diet includes foods that are rich in **(2)** _____, like fish, dairy products, and eggs.

A **(3)** _____ diet, filled with vegetables, fruits, and wholegrain foods, will give you energy and keep your body running as well as possible.

Consider eating fruit or some naturally sweet vegetables to satisfy a sweet craving. Choosing to eat refined sugar **(4)** _____ is a wise decision for your health.

A diet of mainly wholefoods and water, along with exercise and sleep, will help relieve stress and will benefit your overall **(5)** _____.

- | | |
|------------------------------|--------------------------------|
| 1 a moderation effect | 4 a as much as possible |
| b stressful effect | b nutrients |
| c detrimental effect | c in moderation |
| 2 a carbohydrates | 5 a sedentary lifestyle |
| b protein | b well-being |
| c wholefoods | c nutrients |
| 3 a nutritious | |
| b nutrient | |
| c nutrition | |

4 Match the two parts of the sentences.

- 1 Protein is found in _____
 - 2 Carbohydrates are found in _____
 - 3 Wholefoods include _____
 - 4 Eating wholefoods will have _____
 - 5 Living a sedentary lifestyle will have _____
 - 6 Eating refined sugars _____
- a** a beneficial effect on your body.
b in moderation is a healthy decision.
c lean meat, seafood, beans, soy, and eggs.
d fruit, vegetables, nuts, and wholegrains.
e a detrimental effect on your body.
f sugar, bread, potatoes, and pasta.

5 Complete the sentences with these words and phrases. There are two that you don't need.

beneficial	detrimental	enhance
intake	nutrients	obesity
refined sugars	sedentary lifestyle	well-being
wholefoods		

- 1 Be careful about your salt _____; too much salt can cause high blood pressure.
- 2 A _____ coupled with a poor diet can lead to _____.
- 3 When possible, choose to eat _____ instead of _____.
- 4 Eating processed food and too many carbohydrates can have a _____ effect on your body.
- 5 _____ your diet by trying new foods or preparing foods you like in new ways.
- 6 If you eat balanced meals, you'll ensure you get the proper amount of _____ to power your body.

6 Put the words in the correct order to make sentences.

- 1 The way / prepared / is / absorbs / the body / affect / the amount / nutrients / of / can / food / .

- 2 moderation / best / sugars / in / refined / to eat / It's / .

- 3 needs / it / nutritious wholefoods / body / your / A diet / offers / the energy / of / .

- 4 stress, / relieve / get / regularly / help / To / exercise / .

- 5 to put / choose / you / affects / well-being / its / your / body / What / in / .

7 Extension Choose the correct options to complete the text.

The demands of modern life can be stressful for people of all ages. Many of us look for ways to **(1) reduce / enhance** the stress in our busy lives. Eating a balanced diet of foods that **(2) serve / nourish** your body, drinking plenty of water, and getting the proper amount of sleep each night, are three important ways to keep your stress levels under control. Getting **(3) energy / exercise** consistently helps reduce stress and can be **(4) invigorating / well-balanced** when you're feeling mentally or physically tired. Practicing **(5) mindfulness / forgetfulness** through meditation, yoga, and other techniques also helps to manage stress. Yoga **(6) supports / postures** can help to relieve tension in the body. Whatever method of stress relief you choose, it will surely contribute to your overall **(7) wellness / being**.

8 Extension Complete the sentences with these words.

cholesterol	minerals	organic
output	renew	supplements
vigor	vitamins	

- 1 People often search for healthy ways to increase their productivity or _____.
- 2 Some people take dietary _____ to ensure their body receives all the _____ and _____ it needs to perform at its best.
- 3 Other people choose to buy and eat only _____ fruit and vegetables.
- 4 It's important to eat plenty of vegetables and avoid fatty foods that are high in _____.
- 5 Taking a break from technology from time to time can help _____ your _____.

LISTENING

9 Listen to the conversation and choose the correct answers to the questions.  73

- 1 Why is Mrs. Jacobs there?
 - a The doctor wants to talk about her test results.
 - b She needs to collect some medication.
 - c The doctor wants her to be involved in her husband's care.
 - d Her husband needs her help to get around.
- 2 What two health issues is Mike's doctor discussing today?
 - a excess weight and blood pressure
 - b lack of exercise and unhealthy diet
 - c blood pressure and cholesterol
 - d high cholesterol and fatty foods
- 3 Why doesn't the doctor want to prescribe any medication?
 - a He still thinks there are alternatives.
 - b He knows that it won't help.
 - c Mike already takes a lot of tablets.
 - d Mrs. Jacobs is opposed to the idea.
- 4 What does the doctor want Mike to eat less of?
 - a salt and olive oil
 - b saturated fats and salt
 - c all meats and oils
 - d salt and potatoes
- 5 What else does the doctor want Mike to do?
 - a drink less coffee
 - b consider retiring
 - c reduce his stress levels
 - d do more exercise
- 6 When should Mike make an appointment to see the doctor again?
 - a after the test results
 - b as soon as possible
 - c in three months
 - d when he's feeling better

10 Listen to a talk about the elderly in China. What do you think is the speaker's main message?  74

- a Don't oversleep, and exercise in moderation.
- b Stay active, both mentally and physically.
- c Go to outdoor parks as often as you can.
- d Practice martial arts to stay fit and healthy.



11 Listen again. Match the words to make phrases. Then practice saying the phrases.  74

- | | |
|------------------------|----------------|
| 1 senior | a benefits |
| 2 meditative martial | b mortality |
| 3 perceived health | c art |
| 4 stress | d to longevity |
| 5 socioeconomic | e management |
| 6 risk of | f citizens |
| 7 average life | g expectancy |
| 8 contributing factors | h status |

12 Listen again and complete the sentences. Then practice saying the sentences.  74

- 1 Millions of Chinese senior citizens gather in parks to _____.
- 2 Some 30,000 outdoor recreation areas _____ as part of a nationwide fitness program.
- 3 T'ai chi is a meditative martial art of _____ exercises.
- 4 T'ai chi has become _____ because of its perceived health benefits and stress management.
- 5 Researchers _____ people's basic health, socioeconomic status, family support, and other factors.
- 6 The study found that regular exercisers, aged 80 and older, _____ of mortality by 20 percent.
- 7 In 2015, China had an _____ of 76.1 years.
- 8 It's hard to say exactly what the main _____ to longevity are.

9B The Role of the Mind in Achieving Well-being

VOCABULARY BUILDING Adjective suffixes -able and -ible

1 Complete the sentences with these words. There are two words you don't need.

accessible	achievable	disposable
edible	inflatable	legible
memorable	preventable	rechargeable
washable		

- I tried to read the label on the bottle, but it was no longer _____.
- They're installing a new door to make the building _____ to disabled people.
- Finding a cure for malaria is a goal that is _____ within our lifetime.
- Doctors are working hard to protect the population against _____ diseases.
- It's extremely dirty—you should wear _____ gloves when you clean it.
- I only use _____ batteries because I think the other ones are wasteful.
- Is your uniform _____ or does it have to be dry-cleaned?
- The berries of that plant are _____—they taste really delicious.

READING

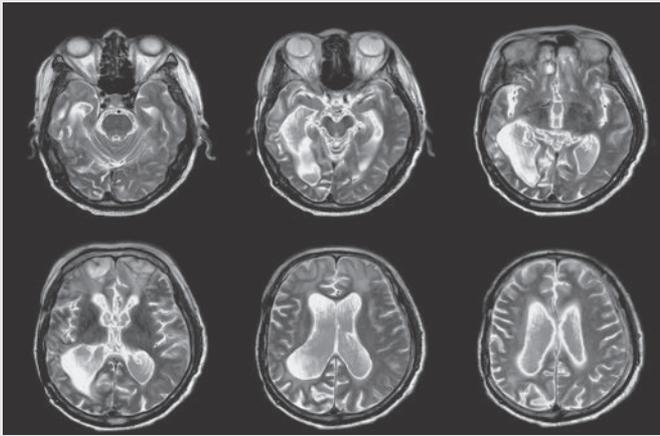
2 Read the statements. Are the sentences true (T), false (F), or is the information not given (NG)?

- The Roman poet Juvenal thought that mind and body were completely separate things. _____
- Davidson had been interested in meditation since he was a child. _____
- Brain activity was measured using a combination of CT scans and ultrasounds. _____
- The level of gamma waves in meditators' minds was a critical part of Davidson's study. _____
- Research has shown that neural activity in the left prefrontal cortex reflects sadness. _____
- Davidson proved that regular meditation changes the way your brain behaves. _____
- Buddhists tend to be physically healthy because they meditate regularly. _____

3 Read and choose the correct options.

- The quotation from Juvenal in paragraph 1 is closest in meaning to which of the following?
 - If people are unhappy, they should think carefully about their feelings.
 - The mind-body connection is an undeniable fact of existence.
 - Knowledge has a negative effect on human existence.
- Which of the following statements about Richard Davidson is not mentioned in the article?
 - He was a Buddhist for many years before he decided to become a researcher.
 - He taught at the University of Wisconsin-Madison, where he studied people's emotions.
 - He researched meditative states among people who practiced Buddhism.
- Davidson's experiments showed that
 - researchers should focus on the euphoria that people experience.
 - meditating has a measurable impact on the mind.
 - inner peace is only achievable through quiet breathing.
- The "tangible manifestation" in paragraph 2 refers to
 - increased happiness.
 - breathing rates.
 - physical changes.
- According to the article, the immune system is regulated in part by
 - the right prefrontal cortex.
 - the anterior insula.
 - resonance imaging in the brain.
- What is implied about Angelina Jolie, Halle Berry, and Oprah Winfrey?
 - They were dissatisfied with their lives before they tried meditation.
 - They have founded important charitable organizations that help children.
 - They are well-known celebrities who have benefited from meditation.
- The word *advocates* in paragraph 5 is closest in meaning to
 - participants.
 - supporters.
 - meditators.
- The advice that "we should all learn from the wisdom of the past" implies that
 - it's surprising that meditation has genuine benefits.
 - the Romans were remarkable scientists and researchers.
 - ancient thinkers knew more than we might imagine.

The Role of the Mind in Achieving Well-being 75



- 1 The mind-body connection has long been a key part of our understanding of health and happiness. Thousands of years ago, the Roman poet Juvenal summed up the relationship in the well-known Latin phrase, *Mens sana in corpore sano*. This sentence is best translated as, “a healthy mind in a healthy body.” The idea of a link between physical and psychological well-being is easy to accept. After all, most people know from experience that when they’re in a good mood, they also feel better physically. Similarly, when people feel down, they often feel physically unwell. However, for many years there was no concrete evidence to support this widely accepted idea.
- 2 In the 1990s, neuroscientist Richard Davidson decided to look for proof of the connection between physical health and mental well-being. Davidson had recently begun teaching at the University of Wisconsin-Madison and had founded a laboratory dedicated to the study of emotions. He had the idea of examining the minds of people who meditated regularly. The simple technique of sitting comfortably for several minutes, eyes closed and attention directed on breathing, was said to produce feelings of intense love and compassion, even euphoria*. Davidson thought it was likely that these powerful feelings would have a tangible manifestation. If he could identify physical changes that took place when people meditated, he would have strong evidence that physical and mental well-being were related.
- 3 For the study, Davidson and his colleagues recruited long-term practitioners of Buddhism. Meditation is an important part of the Buddhist faith and is believed

euphoria a feeling of great happiness

magnetic resonance imaging (MRI) a technique used to create images of the body’s internal organs, such as the brain

to be a way to achieve inner peace. The people that Davidson worked with were very experienced meditators and had spent an average of 34,000 hours in mental training. Davidson asked them to alternate between a meditative state and a neutral state while he measured activity in the brain using magnetic resonance imaging*. The results of the study were fascinating. Davidson was able to measure a very high level of gamma waves in the participants’ brains when they meditated. Gamma waves are a type of neural activity* related to concentration and focus. Brain scans of people who did not meditate regularly did not show this activity.

- 4 Davidson subsequently carried out further experiments and made other interesting discoveries. He was able to prove that in addition to having higher levels of gamma waves, people who meditate show more activity in an area of the brain called the anterior insula, which has a role in regulating the immune system. This aspect of Davidson’s research suggested that meditation could help people maintain better overall health. Meanwhile, he also identified increased activity in the left prefrontal cortex, an area of the brain understood to be associated with happiness. As such, he was able to confirm that the feelings of contentment the meditators described had a physical basis. Although many questions remain, Davidson’s studies have confirmed that meditation has a powerful and measurable effect on the body.
- 5 Partly due to Davidson’s research, meditation is experiencing renewed popularity. Celebrities, such as Angelina Jolie, Halle Berry, and Oprah Winfrey, have taken up the practice. Meanwhile, director David Lynch has founded a charitable organization that aims to reduce stress by promoting meditation in schools, at health centers and among veterans*. These public figures, as well as participants in Lynch’s programs, speak about the experience of meditation in ways that are completely consistent with the feelings that the meditators in Davidson’s study described. Indeed, the feelings of happiness and peace that they experienced are in keeping with what advocates of the practice have been saying for thousands of years. Perhaps we should all learn from the wisdom of the past. Ancient practices could have other health benefits that are waiting to be uncovered by modern science.

neural activity activity in the cells that send and receive messages in the brain

veteran a person who has fought in a war

9C Prevention as Cure

GRAMMAR Articles

- 1 Match the words in bold in the sentences (1–7) with the descriptions of the use of the article (a–e). The descriptions can be used more than once.
- My favorite instrument is **the piano**. _____
 - The doctor** told me to stay at home until the swelling goes down. _____
 - Health** is **people's** primary concern. _____
 - A crew cut** is a very short hairstyle for men. _____
 - The blue whale** is an endangered species. _____
 - The causes of many types of cancer** are still unclear. _____
 - A lot of **the health problems that we face** are due to lifestyle. _____
- a introducing a singular countable noun that is specified or known
b referring to a single object that represents the whole group or class of the object, or a species
c referring to an example of something
d with plural nouns, referring to the group in general, and with uncountable nouns, referring to a concept in general
e with plural nouns or uncountable nouns made specific by a relative clause or prepositional phrase

2 Choose the correct options to complete the sentences.

- _____ back hurts a lot.
a My b The c A
- _____ elderly require more personalized healthcare.
a – b The c An
- You should go to the doctor every year for _____ check-up.
a a b the c –
- I have _____ very bad cold.
a – b the c a
- The vaccine only protects you against certain strains of _____ disease.
a a b – c the
- It's harder to fight off _____ illnesses when you're stressed and tired.
a – b the c an

3 Complete the sentences with these words or no word (–).

a an his my the
your –

- He hurt _____ back last week.
- Nurses sometimes wear _____ uniform.
- He is _____ honest doctor.
- If you try to read in the dark, you'll strain _____ eyes.
- Most people in this country have _____ health insurance.
- _____ very young and elderly are the most at risk.
- She doesn't believe in _____ alternative medicine.
- You should see _____ specialist your brother was recommending.
- I broke _____ left hip last year.
- _____ antibiotic does not fight infections caused by viruses.

4 Complete the text with *a/an, the*, or the zero article (–).



Activity trackers are (1) _____ very popular way to keep track of (2) _____ physical activity and (3) _____ calorie consumption. But are they accurate and reliable? A recent study conducted by (4) _____ researchers at Stanford University looked at seven of (5) _____ most popular trackers and focused on two measurements: (6) _____ heart rate and how many calories were burned. (7) _____ 60 volunteers who took part in (8) _____ study included 31 women and 29 men.

For heart rate, researchers compared (9) _____ trackers to (10) _____ findings from an EKG or electrocardiogram. It turns out most of them were pretty accurate and reliable, with (11) _____ error margin of just five percent in six out of (12) _____ seven trackers analyzed.

To measure calories burned, researchers compared (13) _____ trackers' findings to those of (14) _____ instrument that measures oxygen and carbon dioxide in a person's breath. (15) _____ trackers' calorie measurements, it turns out, were incredibly inaccurate. (16) _____ degree of inaccuracy ranged from 27 percent for (17) _____ most accurate tracker, to 93 percent for (18) _____ most inaccurate one.

Researchers concluded that (19) _____ people should not base their food intake on how many calories (20) _____ activity tracker says they're burning.

5 Put the words in the correct order to make sentences.

1 home-cooked / best / a / the / is / medicine / meal / .

2 elderly / get / the / often / more / colds / .

3 daily injection / a / for / diabetes / his / has / he / .

4 endangered / the / an / animal / is / species / no / panda / longer / .

5 his / for / my / really / brother / a / cat / wants / birthday / .

6 Read the two sentences and decide if they are the same (S) or different (D).

1 A vaccine is a preparation used to provide immunity against diseases.

Vaccines are preparations used to provide immunity against diseases. _____

2 Most children's immune systems can fight off diseases. The immune system of most children can fight off the disease. _____

3 I see a specialist at a local clinic.
I see the specialist at the local clinic. _____

4 Elderly people are more prone to infections.
The elderly are more prone to infections. _____

5 Too much time in front of a computer can strain the eyes.
Too much time in front of the computer can strain the eyes. _____

6 The researchers are working on a new vaccine.
Researchers are working on the new vaccine. _____

7 Choose the correct options to complete the text.

Dr. Ludwig is (1) _____ obesity expert and professor of nutrition at Harvard University. He wrote (2) _____ book entitled *Always Hungry*. (3) _____ main message of the book is that what causes obesity is not (4) _____ excess of calories, but (5) _____ excess of (6) _____ sugar and (7) _____ refined or processed carbohydrates. Dr. Ludwig believes that (8) _____ low fat, high carbohydrate diet people have been eating for (9) _____ last four decades is making us unhealthy. In his book, he explains why he recommends (10) _____ high fat diet without processed carbohydrates. Of course, he also recommends (11) _____ active lifestyle with (12) _____ regular exercise.

- | | | | |
|--------|------|-----|-------|
| 1 a a | b an | c - | d the |
| 2 a a | b an | c - | d the |
| 3 a A | b An | c - | d The |
| 4 a a | b an | c - | d the |
| 5 a a | b an | c - | d the |
| 6 a a | b an | c - | d the |
| 7 a a | b an | c - | d the |
| 8 a a | b an | c - | d the |
| 9 a a | b an | c - | d the |
| 10 a a | b an | c - | d the |
| 11 a a | b an | c - | d the |
| 12 a a | b an | c - | d the |

9D My Simple Invention, Designed to Keep My Grandfather Safe

TED TALKS

AUTHENTIC LISTENING SKILLS

- 1 Read and complete Part 2 of the TED Talk. Then listen and check your answers.  76

My desire (1) _____ create a sensor-based technology perhaps stemmed from my lifelong love (2) _____ sensors and technology. When I was six years old, (3) _____ elderly family friend fell down in the bathroom and suffered severe injuries. I became concerned about my own grandparents (4) _____ decided to invent a smart bathroom system. Motion sensors would be installed inside the tiles (5) _____ bathroom floors to detect the falls of elderly patients whenever they fell down in (6) _____ bathroom. Since I was only six years old at the time and I (7) _____ graduated from kindergarten yet, I didn't (8) _____ the necessary resources (9) _____ tools to translate my idea into reality, but nonetheless, my (10) _____ experience really implanted in me a firm desire to use sensors (11) _____ help the elderly people. I really believe that sensors (12) _____ improve the quality of life of the elderly.

WATCH ►

- 2 Choose the correct options to complete the sentences.

- 1 Every 67 seconds, someone in the United States is diagnosed with *cancer* / *Alzheimer's*.
- 2 Shinozuka's grandfather suddenly *got lost* / *fell over* when they were walking in the park.
- 3 His grandfather's *eating* / *wandering* at night caused the family significant stress.
- 4 Shinozuka's initial invention was a *pair of socks* / *pillow* with a sensor.
- 5 Shinozuka had to create a sensor, design a circuit and *code a smartphone app* / *find a manufacturer*.
- 6 Using Bluetooth low-energy technology, he avoided the need for *charging cables* / *heavy, bulky batteries*.

- 7 Shinozuka successfully created *two prototypes* / *an initial prototype* of his wearable sensor.
- 8 He is testing his invention at several *hospitals* / *residential care facilities* in California.

- 3 Choose the correct options to complete the sentences.

- 1 Alzheimer's is a growing problem *of* / *for* which many people are unaware.
- 2 Sensors are a technology which Shinozuka has always been interested *to* / *in*.
- 3 Shinozuka's grandfather was the person *for which* / *for whom* the original invention was developed.
- 4 Shinozuka is developing a mat which *patients will step on* / *on patients will step* when they get out of bed.
- 5 Carers are among the people *for whom* / *for that* this invention will relieve stress.
- 6 Coding was one of the topics that Shinozuka had to learn more *about* / *about that*.
- 7 The correlations between nighttime wandering and daytime activities are a topic *which* / *about which* researchers would like to understand more.
- 8 Shinozuka hopes that there are many people *of whom* / *for whom* his invention will mean a significant improvement in their quality of life.

VOCABULARY IN CONTEXT

- 4 Match the words in bold in the sentences (1–6) with the phrases (a–f).

- 1 Shinozuka and his family **had direct personal experience of** the difficulties of dealing with Alzheimer's. _____
 - 2 Shinozuka and other family members had to constantly **watch his grandfather and check he was OK**. _____
 - 3 After extensive research and testing, Shinozuka realized that he would need to change his **initial** ideas about materials. _____
 - 4 Shinozuka's desire to come up with a sensor-based solution **was caused by** his lifelong interest in technology. _____
 - 5 Since he wasn't familiar with all of the techniques needed to build his product, Shinozuka looked for video **lessons with instructions** to help him. _____
 - 6 It is hoped that data collected from Shinozuka's inventions will help establish **links** between patients' daily habits and their nighttime wandering. _____
- a keep an eye on his grandfather
b tutorials
c experienced firsthand
d stemmed from
e correlations
f preliminary

9E Stronger Together

WRITING A proposal

- 1 Complete the text with these words. There are two words you don't need.

bullet points	clarity	examples
findings	formal	informal
introduction	repetition	report
style	sub-headings	title

When writing a proposal, choose a relevant

- (1) _____ to reflect the topic and use
(2) _____ for each section. In your
(3) _____, briefly state what the proposal includes: the research, the (4) _____, and your recommendations. Unlike in a(n)
(5) _____, the recommendations section is typically longer. Use (6) _____ to list your recommendations. To avoid (7) _____, use a variety of expressions to make your recommendations. Throughout the proposal, use (8) _____ language and an impersonal (9) _____. Support your main points with concrete (10) _____ (use for instance, such as, like, etc.). Finish by stating the benefits of implementing the recommendations in your proposal.

- 2 Choose the best options to complete the proposal.

Introduction

The proposal is based on an invitation to students by our teacher, Ms. Brown, to submit ideas for this year's school trip. It (1) *has / outlines* details regarding the schedule and budget, and suggests an ideal location. It (2) *concludes / ends* by making recommendations on how students might get the maximum benefit from this trip.

Schedule and budget

(3) *Based on / Having* feedback from previous school trips, early April is the preferred period for travel. It is far enough ahead of exam time for students to feel they can relax and enjoy themselves. As with other years, a generous budget has been contributed from the school fund. Rather than students paying their own money to increase the budget for the trip, it has been (4) *said / suggested* that a series of fundraising events be run by senior students.

Recommendations

It is suggested that Scotland be the destination for this year's school trip. There are (5) *lots of / several* ways in which students could benefit from this choice.

- (6) *Number one / First and foremost*, it is recommended as an inexpensive alternative to London or any major city where costs would be significantly higher.
- Secondly, it is clear that Scotland (7) *gives / would provide* students with a welcome opportunity to practice their English.
- Finally, the school (8) *could consider organizing / should organize* this as a camping trip in the beautiful Scottish countryside, which would keep costs down. In addition, plans could be made for various day trips, for example, into the nearby cities of Edinburgh and Glasgow.

Conclusion

(9) *If you use / By implementing* this recommendation, our senior student group could have both an affordable and a memorable school trip. It would enable them to experience two aspects of life in Scotland: city and countryside. If this (10) *great idea / suggestion* is implemented, students would not only enjoy a range of outdoor activities in the Scottish Highlands, they would also discover the history and culture the cities have to offer.

- 3 Write at least 250 words on the topic below. Give reasons for your answer and include any relevant examples from your knowledge or experience.

Nowadays, worry is something that causes problems for many students.

What are the most serious problems associated with student worries and what solutions can you suggest?

SPEAKING

4 Listen to the proposals and choose the best response to each statement. 77

- 1 **a** It's a good idea in principle, but I want to know what kind of classes you're going to offer.
b You need to bear in mind that a lot of fitness centers already offer those classes.
- 2 **a** Yes, but the problem is how? People just have too much work.
b It's worth remembering that most people are already very stressed.
- 3 **a** It's a good idea in principle, but aren't most people already aware of how important sleep is?
b Do you think you could summarize your recommendations in a simpler way?
- 4 **a** Yes, but the problem is, people don't eat enough fresh fruit and vegetables.
b I think it's a great idea. I wonder if it'd be feasible to offer a salad bar.
- 5 **a** Yes, but the problem is, these days people need their computers to do just about everything.
b Yes, but you need to bear in mind that people should cut down screen time.

5 Listen to the proposals and complete the responses.

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- 1 _____, but school trips can be so difficult to organize.
- 2 _____ a lot of people are on vacation at this time of year.
- 3 _____ to provide a bike trail.
- 4 _____ the hall might not be available every week.

6 Read part of a lecture about yoga and make notes about how you would answer the question that follows. Then listen to how another student answered the question.

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Yoga has become extremely popular in recent years and, these days, you can find yoga studios just about everywhere. What many people don't realize is that the practice is thousands of years old. It was practiced in ancient India as early as the 5th century BC, and some scholars believe it may have existed for much longer. Yoga was introduced to the west in the 19th century when a Bengali physician called N.C. Paul published a famous book about the practice, and it grew in popularity in the 1980s. In 2016, yoga was awarded world heritage status by UNESCO.

Yoga has numerous health benefits. It has long been known that the practice is an effective way to increase flexibility and muscle strength. It also gives people more energy, improves athletic performance, and boosts immunity. How incredible to think that stretching and breathing exercises can protect us from disease! Yoga's physical benefits are, of course, in addition to the emotional rewards. Yoga helps people to relax, focus, and even to feel happier. It is sometimes recommended as a treatment for depression.

The scientific community has become increasingly interested in researching the relationship between yoga and well-being. Recent studies have demonstrated that yoga can help people fight asthma, arthritis, and anxiety. Some doctors even believe that yoga can play a role in overcoming cancer. In years to come, additional benefits of yoga are sure to be discovered.

Question: Explain what the professor suggests about the future of yoga.

PRONUNCIATION Intonation in responses

7 Listen and underline the words that are stressed in the sentences. Then practice saying the sentences. 80

- 1 It's a good idea in principle, but it's hard to stop drinking coffee.
- 2 I really like the idea of reducing my sugar intake.
- 3 It's worth remembering that not everyone has access to nutritious food.
- 4 That sounds like an excellent way of losing weight!
- 5 Growing our own vegetables is a great idea!
- 6 Yes, but the problem is, refined sugar is in so many of our foods.
- 7 You need to bear in mind that organic food is often more expensive.
- 8 Laughter yoga is a fantastic way to relieve stress.

Review

1 Complete the words in the sentences.

- Too much r _____ d _____ s _____ r can have a d _____ l _____ e _____ t on the body.
- Eating mainly w _____ s will have a b _____ l _____ e _____ t on the body.
- Living a s _____ y _____ l _____ e can lead to o _____ y.
- Exercise is a great way to r _____ e _____ s _____ s.
- If your body doesn't receive enough n _____ s, you may feel sluggish or tired.

2 Complete the adjectives with *-able* or *-ible*. Then add a related verb.

Adjective	Verb
access	
afford	
dispos	
aud	—
enjoy	
feas	—
memor	—
recycl	
renew	
leg	—
vis	—

3 Are these sentences correct or incorrect? Correct those that are incorrect.

- Apollo 11 was the first space mission in who human beings landed on the moon.

- The crew of Apollo 11 consisted of three men, all of whom were experienced astronauts.

- There were many calculations of that had to be made before Apollo 11 could launch in July 1969.

- The three astronauts made several transmissions to Earth as they traveled to the moon, two of whom were televised.

- The astronauts spent over 21 hours on the moon, after which they returned safely to Earth.

4 Choose the correct options to complete the sentences.

- I hurt *the / my* shoulder climbing – / *the* at the gym.
- More attention should be paid to *the / –* health of *the / –* school-age children.
- My favorite school subject is *the / –* history.
- I have *a / an* unusual problem.
- I heard it on – / *the* radio.
- She works for *a / the* non-profit organization that helps *the / –* disabled.
- Koalas / The koalas* are found only in Australia.
- He is *the / a* doctor at *a / an* hospital in Boston.

5 Complete the text with *a/an, the, or the zero article (-)*.

Here's the truth about some common beliefs regarding colds and flu!

"I didn't wear **(1)** _____ coat and I caught **(2)** _____ cold."

(3) _____ coat will keep you warm and protect you from hypothermia, but it won't keep colds away. Colds are caused by **(4)** _____

viruses. It is true that it's more common to get

(5) _____ colds in winter, but

that's because viruses can survive better in

(6) _____ colder weather.

"Just take some vitamin C."

It turns out that **(7)** _____ vitamin C won't

prevent or help a cold. This long-held belief has been

proved false in **(8)** _____ recent studies.

However, vitamin C is pretty harmless and

(9) _____ body will get rid of what

it doesn't need.