

8

Well-being

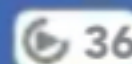
A good laugh and a long sleep are the two best cures for anything.

Irish proverb

BBC



KEEPING FIT

 36 Watch the BBC video.
For the worksheet, go to page 130.

8.1

VOCABULARY

Body parts • symptoms • health
• phrasal verbs

I can use language related to wellness and illness.

SHOW WHAT YOU KNOW

- Put the body parts in order from head to toe in each set of words.
1 mouth forehead ear heart → *forehead ear mouth heart*
2 shoulder nose throat eyebrows
3 hip tongue back foot
4 chest lips eyelashes knee
5 tooth finger neck leg
- Point to a part of your body and ask your partner to say the word.

APPS TO KEEP YOU FIT

Feel unhealthy or unfit? Need to lose weight?
Stressed out? No worries – just get the right app!

Here are five types of apps that will help to improve your general health and levels of fitness.

1 ☐

You'll find it easier to work out if you have the right tunes. **Fit radio** lets you choose your own playlist, for Zumba®, running or aerobics.

2 ☐

Do you sometimes feel dizzy after doing exercise? Get an app that tells you to drink water before you pass out. Apps like **Fooducate** can also help you to make healthy food choices and cut out things that are bad for you. Scan a barcode and get nutritional information like how many calories it contains.

3 ☐

Are those exams stressing you out? Does your head hurt? Get a mindfulness app like **Aura** and learn how to be calm. Meditation will reduce anxiety and stress.

4 ☐

Everyone should exercise regularly. If you prefer to do your exercise outdoors, take up cycling. **Strava** can find you a route and track your distances. It can also check your pulse and heart rate.

5 ☐

You've got a temperature, a headache and you've come out in a rash! Or maybe you've got a cough, a sore throat and a pain in your chest. **Symptomate** will tell you what the problem is and how to get over it. You know you're allergic to nuts, or you suffer from a runny nose in spring? Get **Allergy Alert** to keep track of your symptoms.