

SMART JUNIORS 1

The Keys to a Healthy Lifestyle

Lesson 21 Read for Detail



- Listen and review the essay.

The Keys to a Healthy Lifestyle

- ▶ Maintaining a healthy lifestyle is an essential aspect of living a fulfilling life. A healthy lifestyle not only keeps our body fit but also contributes to our mental and emotional well-being. What are the key secrets to building a healthy lifestyle?
- ▶ Firstly, it is critical to maintain a balanced diet. Eating a variety of fruits, vegetables, nuts, and lean protein can help ensure that our bodies have all the necessary nutrition. It is also important to consume enough water every day to keep our bodies hydrated. Drinking at least eight glasses of water a day is recommended.



LISTEN AND REVIEW

▶ Engaging in regular exercise is beneficial for building a healthy lifestyle, too. Sporting activities help maintain a healthy body weight and reduce stress. Team sports such as football, baseball, and basketball improve our energy levels and make friends closer to each other. Individual sports like jogging, aerobic exercise, cycling, and skateboarding allow you to enjoy the fun of exercise without requiring companions.



▶ Furthermore, getting enough sleep is crucial for optimal mental and physical health. Adults need around seven to eight hours of sleep every night. A proper sleep routine including taking a bath, reading a book, listening to soft music, and keeping yourself away from social media will help elicit a natural and sound sleep.



LISTEN AND REVIEW

▶ Finally, we should realize that stress management is critical. Chronic stress can lead to various health problems, including mental health issues like anxiety and depression. Practicing relaxation techniques such as yoga, meditation, or deep breathing exercises can help reduce stress levels. Engaging in fun activities like reading, listening to music, or spending time with loved ones can also help reduce stress.



▶ In conclusion, achieving a healthy lifestyle requires maintaining a balanced diet, engaging in regular physical activity, getting enough sleep, and managing stress effectively. By taking care of ourselves, we can live a long, happy, and fulfilling life.



The Keys to a Healthy Lifestyle | **Paragraph 1**

Maintaining a healthy lifestyle is an essential aspect of living a fulfilling life. A healthy lifestyle not only keeps our body fit but also contributes to our mental and emotional well-being. What are the key secrets to building a healthy lifestyle?

Detail in Paragraphs

- **Read and answer the question.**

Why does the author think a healthy lifestyle is an **essential** aspect of living a **fulfilling** life?

Words & Expressions

A healthy lifestyle **not only** keeps us physically fit **but also** contributes to our mental and emotional well-being.



The Keys to a Healthy Lifestyle | **Paragraph 2**

Firstly, it is critical to maintain a balanced diet. Eating a variety of fruits, vegetables, nuts, and lean protein can help ensure that our bodies have all the necessary nutrition. It is also important to consume enough water every day to keep our bodies hydrated. Drinking at least eight glasses of water a day is recommended.

- **Read and choose an answer.**

Which of the following food doesn't contribute to a balanced diet?

- A** variety of fruits and vegetables
- B** variety of nuts
- C** pizza and hamburgers
- D** lean protein

Words & Expressions

Eating a variety of fruits, vegetables, nuts, and lean protein can help ensure that our bodies have all the necessary **nutrition**.



The Keys to a Healthy Lifestyle | **Paragraph 3**

Engaging in regular exercise is beneficial for building a healthy lifestyle, too. Sporting activities help maintain a healthy body weight and reduce stress. Team sports such as football, baseball, and basketball improve our energy levels and make friends closer to each other. Individual sports like jogging, aerobic exercise, cycling, and skateboarding allow you to enjoy the fun of exercise without requiring companions.

- **Read and answer the question.**

What are the differences between team sports and individual sports? Give more examples for each of them.

Words & Expressions

Sporting activities **help maintain** a healthy body weight and reduce stress.



The Keys to a Healthy Lifestyle | Paragraph 4

Furthermore, getting enough sleep is crucial for mental and physical health. Adults need around seven to eight hours of sleep every night. A proper sleep routine including taking a bath, reading a book, listening to soft music, and keeping yourself away from social media will help elicit a natural and sound sleep.

- Read paragraph 4 and tell whether it is **true** or **false**. Underline the sentences in the text that support your answer.

- _____ 1. Adults can get enough sleep if they sleep for 5-6 hours a day.
- _____ 2. Not getting enough sleep may negatively influence your productivity throughout the day.
- _____ 3. Getting enough sleep helps to have a great mood.

The Keys to a Healthy Lifestyle | Paragraph 5

Finally, we should realize that stress management is critical. Chronic stress can lead to various health problems, including mental health issues like anxiety and depression. Practicing relaxation techniques such as yoga, meditation, or deep breathing exercises can help reduce stress levels. Engaging in fun activities like reading, listening to music, or spending time with loved ones can also help reduce stress.

- **What kind of health issues can chronic stress lead to according to the essay?**
 - A sharp pain
 - B heart attack
 - C diabetes
 - D anxiety and depression

Words & Expressions

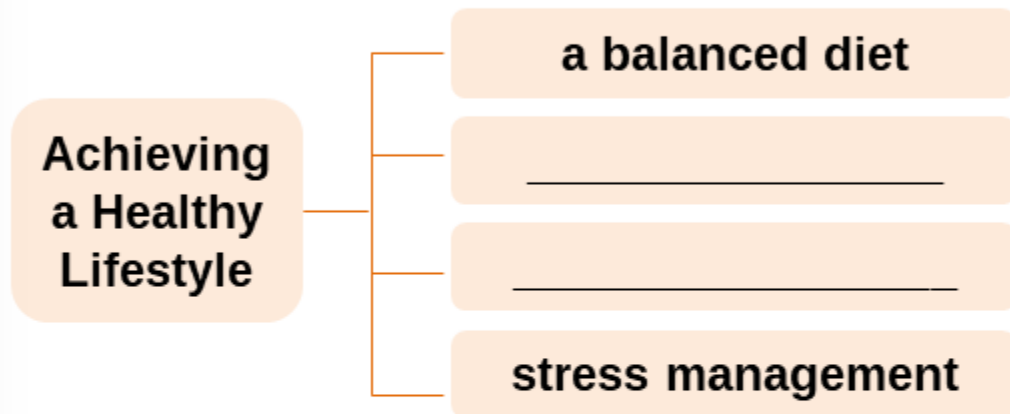
Chronic stress can lead to various health problems, including mental health issues like **anxiety** and **depression**.



The Keys to a Healthy Lifestyle | Paragraph 6

In conclusion, achieving a healthy lifestyle requires maintaining a balanced diet, engaging in regular physical activity, getting enough sleep, and managing stress effectively. By taking care of ourselves, we can live a long, happy, and fulfilling life.

■ Read paragraph 6 and fill in the blanks below.



Words & Expressions

By taking care of ourselves, we can live a long, happy, and fulfilling life.



READ BETWEEN THE LINES

Working Out Meaning

Read the sentences below and pay attention to the highlighted words. Try to use other similar words to replace them.

Maintaining a healthy lifestyle is an **essential** aspect of living a fulfilling life.

Firstly, it is **critical** to maintain a balanced diet.

Furthermore, getting enough sleep is **crucial** for optimal mental and physical health.

- **Discuss with your teacher.**

Do you eat a variety of food?



Have you been getting regular exercise?



How is your sleep?



How do you handle your stress?





- **Complete the summary of the essay.**

(Holding / Maintaining) a healthy lifestyle is important for a **(fulfilling / essential)** life. Key components include a **(balanced / balance)** diet with fruits, vegetables, nuts, and lean protein, as well as **(enough / great)** water intake. **(Regular / Routine)** exercise helps with weight management, energy levels, and stress reduction. Getting enough sleep improves **(mental / brain)** and **(physical / body)** health. Stress management is also **(crucial / chronic)**. Practicing **(relaxation / relaxed)** techniques and engaging in fun activities can help **(reduce / replace)** stress.

Overall, a healthy lifestyle encompasses diet, hydration, exercise, sleep, and stress management.





WHAT'S

NEXT...

In the next lesson, we're going to learn the critical thinking skill: "Brainstorming and Organizing Ideas."

See you next time!