

## ENGLISH LANGUAGE 3 – WEEK 3 – TEXT A SOUND MIND IN A SOUND BODY

### I. READING COMPREHENSION

What does a healthy lifestyle *mean*? According to the dictionary, lifestyle is a way of life or style of living that *reflects* the *attitudes* and *value* of a person or group. A healthy lifestyle would be a way of living that would *result in* a healthy mind, body and spirit. A healthy lifestyle *comprises* of many *components*.

Healthy eating means eating food that are *nutritional* and good for the body like fresh fruits and vegetables, low fat diets, *unrefined* carbohydrates, etc. It includes avoiding food that is bad for you like *refined* carbohydrates, *fatty* foods, alcohol, etc. Eating in *moderation* is the *essential* component of healthy eating.

Regular exercise is an important part of a healthy lifestyle. Aerobic exercise is good for your heart and your body. Yoga has a therapeutic effect and also helps to *reduce* your stress level. Pilates is great for strengthening your «*core*» muscles which are situated around your *midsection*. You could consider some other forms of exercise like Tai Chi, martial arts and Qi Gong. It is essential that you *incorporate* any kind of exercises into your daily life to help keep you *fit* and *maintain* your *weight* at a healthy level.

Managing stress *efficiently* is a critical part of a healthy lifestyle. *Failure* to manage stress effectively can *harm* your body and *affect* your relationship with others. If left *unattended*, stress can also lead to alcohol or drug *addiction*.

Sleeping right, having a positive *outlook* about life and having a balanced life are also the necessary components of a healthy lifestyle. If you go without sleep for a period of time, every area of your life will be *ultimately* affected. If it becomes a regular *pattern* in your life you could *endanger* your health and reduce your *overall performance*. This can ultimately affect all other areas of your life, personal as well as professional.

Living a healthy lifestyle takes *discipline*. You must *make up your mind* and choose things that are good for you and your loved ones. Living a healthy lifestyle involves *taking care of* your physical, mental and spiritual health. You need to *arm yourself with* appropriate knowledge that will *ensure* that you get the *result* you want.

The physical, mental and spiritual aspects of your life are *intertwined*. To be happy and healthy, you need to keep all these aspects of your life balanced.

**II. Complete the sentences with the words from the box.**

to make up one's mind; to incorporate; to arm; efficiently; to reduce; to take care; to maintain; to comprise; outlook; to result; to ensure; to intertwine
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1. The physical, mental and spiritual aspects of your life .....
2. A healthy lifestyle would be a way of living that would ..... in a healthy mind, body and spirit.
3. Sleeping right, having a positive ..... about life and having a balanced life are also the necessary components of a healthy lifestyle.
4. Yoga has a therapeutic affect and also helps to ..... your stress level.
5. Living a healthy lifestyle involves ..... of your physical, mental and spiritual health.
6. Managing stress ..... is a critical part of a healthy lifestyle.
7. It is essential that you ..... any kind of exercises in to your daily life to help keep you fit and ..... your weight at a healthy level.
8. You need to ..... yourself with appropriate knowledge that will ..... that you get the result you want.
9. A healthy lifestyle ..... of many components.
10. You must ..... and choose things that are good for you and your loved ones.