

Healthy body, healthy mind

Health is better than wealth!

Health is not valued till sickness comes.

Prevention is better than cure.

Is there anything more important than health?

- If your body suffers from any disorder your mind suffers with the body, too.
- You can't be good at work or at studies.
- Aches [eiks] and pains lead to irritation, nervous exhaustions [igzo:st.ɛn], apathy. (*Боли ноющие и острые ведут к раздражению, нервному истощению, апатии*)
- If you have a headache [ˈhedeɪk], toothache, backache, stomachache (*стамэкэйк- желудочные боли*) or earache, if you have a sore throat, eye [ai] or finger, if it hurts you to move – you should go to the doctor.

What are you complaining of? (*На что жалуетесь?*)

What's the trouble? (*В чём проблема?*)

What's the matter with you? (*Что случилось/ произошло?*)

- **I feel ill. I feel terrible.** (*Я чувствую себя ужасно*) **I'm all ache.** (*У меня всё болит*)
- **I'm sick.** (*Меня тошнит*) , **I'm running a temperature.** (*У меня температура*)
- **I've got a splitting headache** (*У меня раскалывается голова*)
(**a terrible toothache, a terrible cough [kof]** (*ужасный кашель*),
an awful earache, a sharp pain in my back (*острая боль в спине*),
a sharp pain in my right side (*острая боль в правом боку*))
- **I have a sore throat.** (*У меня горло болит*) **It's hard to swallow.** (*Трудно/ больно глотать*)

Doctor, doctor!

- **Are you all right?** – *С тобой всё в порядке?*

- **What's wrong with you?**– *Что-то не так?*
- **What's up?** – *Что произошло?* **What's the matter?**–*Что случилось?*
- **Let me help you.**– *Позволь помочь тебе.*
- **Don't worry! / Take it easy!** - *Не волнуйся!*
- **It's going to be all right!** – *Всё будет хорошо!*
- **It's nothing serious.**– *Ничего серьёзного.*

Use “should” (*должен/следует*)

***You should take care of your health!**

If you have a stomachache, you should eat a light meal.

- If you have an earache, you should put drops in it.
- If you have a sore throat, you should have a hot cup of tea.
- If you have a toothache, you should take a painkiller.
- If you have a high fever, you should drink plenty of fluids.
- If you feel exhausted, you should lie down and get some rest.
- If nothing helps you, you should call the doctor and follow all his/her recommendations!
- **Take care! Keep your HEALTH! There is Nothing better than HEALTH!**

Health is the main value for all the people. We should take care of it. We should have a balanced diet, go in for sports and avoid bad habits. When we are healthy – we are happy!



RECOMMENDATIONS

- Go in for sport, it can help you look better.
- It can burn more calories
- It can help you sleep better.



What's the right activity for me?

- A lot of activities can be done by yourself. Here are some of the best, easiest and most popular ways to start getting fit . Put you in touch with a school club. Such as:
 - Dancing
 - Basketball
 - Skiing



Proper Nutrition





No Bad Habits



Say it using “If” (Future actions: will для **If** совсем НЕ нужен!!!)

- If we ... (think) about our future, we ... (take care) of our health.
- If we ... (take care) of our health, we ... (lead) healthy lifestyle.
- If we ... (lead) healthy lifestyle, we ... (eat) only good food and ... (ignore) junk food.
- If we ... (eat) only good food and ... (ignore) junk food, we ... (feel) well.
- If we ... (feel) well, we ... (do) sports.

- If we ... (do) sports, we ... (not to have) time to try smoking, alcohol and drugs

- If we ... never (try) smoking, alcohol and drugs, we ... (keep) fit as a fiddle.
- If we ... (keep) fit as a fiddle, we ... (be able) to do good things.
- If we ... (be able) to do good things, many people ... (be happy).
- So, lead a Healthy lifestyle do sport and be happy.

• Now it's time to relax!!!

A visit to the doctor

- Once an old gentleman came to consult a doctor.

“What do you complain of?” – asked the doctor.

“You see, doctor, my nervous system is in a bad state.

I have a heartache, often headache and my sleep isn't good.

Sometimes I cannot sleep all night long.”

- The doctor examined the patient very carefully and said:

“Your treatment will be very simple, in other words it will be a rest-cure. You should go to a quiet place in the village for a month and have an active rest there: get up early, do morning exercises, have breakfast and go for a walk.

What was wrong with the Gentleman?

You should walk much, go to the forest for fresh air, eat much fruit and vegetables and drink milk before going to bed.
And you can smoke only one cigarette a day.

- A month later the gentleman came to see the doctor again.
“How are you?” – asked the doctor.
“I am quite well now,” –answered the patient – “I’ve done everything that you recommended me, doctor. I strictly followed all your orders. I walked much, ate much fruit and vegetables and drank milk before going to sleep.
- But one cigarette a day almost killed me.”
“But why?” –asked the doctor.
“It’s not a joke to begin smoking at my age, I had never smoked before,” –answered the gentleman.

