

A LONG LIFE?

▶ **GRAMMAR** | present perfect + *for/since*

▶ **VOCABULARY** | health

▶ **HOW TO** | talk about your health

VOCABULARY health

1A Look at the words/phrases in the box. Are these things good (+) or bad (-) for your health?

walking junk food fizzy drinks
working with computers
lots of sleep fresh fruit/vegetables
stress/worrying city life alcohol
missing breakfast smoking
vitamins exercise caffeine
oily fish frozen food fatty foods

B Work in pairs and compare your ideas. Can you add any more words/phrases to the box?

C Work in pairs and take turns. Ask and answer the questions.

- 1 What do you do to keep fit and healthy?
- 2 Do you do anything which is not healthy?

A: What do you do to keep fit and healthy?

B: I get lots of sleep. How about you?

A: I cycle to work every day.

B: Do you do anything which is unhealthy?

A: Well, I probably eat too much junk food.

READING

2A Look at the photos. Discuss. How do you think these things can help people to live longer?

B Read the texts to find out. Do they mention any of the things you talked about?

C What is the significance of these numbers in the texts?

94 37 20% 80% 102 6 5-10
7 1997 900 3 3-4

94 – Dr Ellsworth Wareham is 94 years old.

D Work in pairs. Discuss the questions.

- 1 Do you want to live until you are 102? Why/Why not?
- 2 Do you agree with what the people in the texts do and what they think?



Laugh and live longer

Dr Ellsworth Wareham is a surgeon. He is a specialist in heart surgery and he has been a heart surgeon for 37 years. Now, he is 94 years old and he still performs surgery 3 or 4 times a week. But he doesn't tell his patients how old he is. He thinks that working hard and being active help you to live longer. So he also cuts the grass or helps his wife with the housework. He is a vegetarian, and has a large family. He thinks that these things help you to have 'peace of mind'.

Scientists have studied the people of Okinawa, an island in Japan, since 1970. They are trying to understand why Okinawans live longer than everybody else. It might be because of their diet. Okinawans eat lots of fruit, vegetables and soya. Or maybe it's because they eat 20% less food than people in Western countries. They have a saying 'hara hachibu' – it means 'eat until you are 80% full'. Scientists say that perhaps eating less gives you more energy and keeps you healthier.

Marge Jetton is 102 years old and lives in Loma Linda, California. She believes exercise and keeping fit helps you live longer. She rides 6 miles on a bicycle before breakfast! 'The whole world should be exercising,' she says. 'The television is full of it, everything is full of why you should exercise.' But there is something else. She is religious. Research shows that people who are religious may live longer, sometimes 5–10 years longer than everyone else.

People say that laughing every day makes you live 7 years longer, because it reduces stress. Dr Kataria, a doctor from Bombay, believes laughter is good for you. In 1997 he started Laughter Yoga. Since then he has travelled around the world and established hundreds of laughter clubs. In Bangalore more than 900 people attended a 'laughter conference' where they laughed for 3 days. One thing is certain: even if laughing doesn't make you live longer, it certainly makes you feel better.

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