

Health and fitness



Fitness



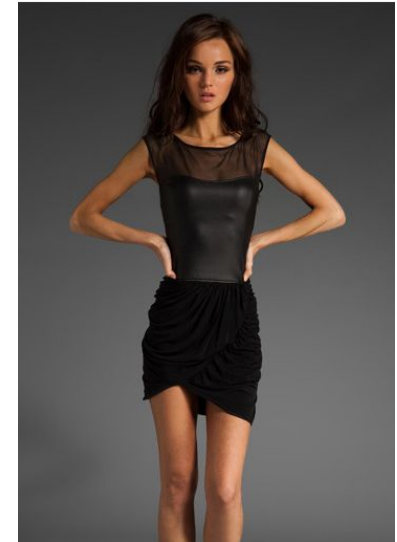
to have a good figure, to be well built
to be slim and slender

skinny, anorexic
fat, obese, a bit overweight,

medium-built, well-built

to lose weight, to put on (gain) weight

to work off the excess kilos
to work out in a gym





to do exercises
to do push ups
to do squatting
to do press ups

to do sport
to go in for sport
to take up tennis

to be energetic, active, lively,
outgoing, athletic
to be vigorous, to have vigor,
stamina, endurance, strong
muscles

weak, feeble, poor health
not to get enough exercise



to go for a ride
to go for a drive
to go for a swim
to go for a climb

to go cycling
to go jogging
to go swimming
to go riding
to go sailing
to go picknicking
to go camping
to go skating
to go skiing
to go mountain skiing
to go climbing
to go mountaineering
to go fishing
to go dancing

Food and fitness

to be fit, to keep fit
to take a diet, to go on a diet

nutrition, malnutrition
junk food, snacks, fast food

calories, carbohydrates, vitamins, minerals, proteins

to be good for smb, to do harm, to do good
to agree with smb (about food)

organic food, vegetable, fruit, dairy products, greenery,
additives

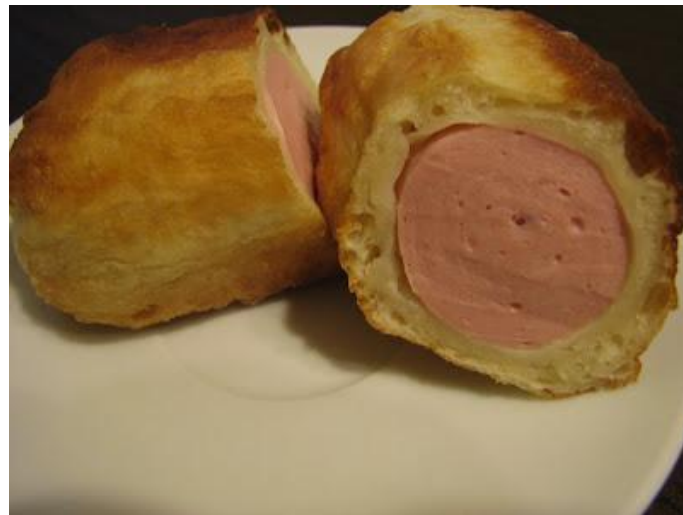




British fast food

American fast food







Obese, obesity

cardiovascular problems
heart attack, a stroke

chronic diseases

liver problems, stomach problems
indigestion, constipation, tiredness
Insomnia, high blood pressure







Why could be heavy drinking
(heavy smoking) dangerous?

*What could be the consequences
of heavy smoking?*

*Is it possible to be a moderate
smoker?*

*Is it dangerous to be a chain
smoker?*

What is your feeling about a woman smoking?

Smoking during pregnancy?


Young people smoking?

Other forms of dependence



Healthy lifestyle questions

1. Do you think you have a healthy life style?
2. Is it possible to have a healthy life style in modern world?
3. Why do many people try to have a healthy life style?
4. What is healthy food? Do you pay much attention to what you eat?
5. Is obesity a great problem in Ukraine? Why?
6. Do you think diets are useful or not? Have you ever tried to go on a diet? Did it work? What is your attitude to fasting?
7. Do you like seafood? What exactly do you eat? How often?
8. Are you a meat-eater? What is your opinion about vegetarianism?
9. What is your feeling about sweet things? Are they harmful? Should we cut down on them?
10. What is your opinion about GM food? What do you know about it?

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11. Is physical activity (jogging, going to a gym, swimming pool) an important part of a healthy life style?
 12. Can you tell a physically inactive person from someone who takes care of his\her physical condition? What are the main differences?
 13. What is your attitude to smoking? What is the influence of smoking on health?
 14. Do you know someone who gave up smoking?
 15. What is a healthy dose of alcohol?
 16. People who have damaged their health through smoking or drinking should be at the back of the queue for expensive treatments. What do you think?
 17. How many hours of sleep do you need daily?
 18. Do you try to go to bed and get up at certain hours every day?
 19. Do you often find yourself under stress? How do you usually cope with stress?
 20. Is there any connection between the person's style of life and the duration of his life?

HOW TO EAT RIGHT AND LIVE LONGER

In recent years, we have become more concerned about the food we eat. We hear that certain chemicals in our food can cause cancer and other serious diseases. Dr. Mayer presents a less frightening picture of modern foods than we sometimes hear in the news and also gives us some good advice on how to stay healthy.

Q. Dr. Mayer, we're constantly being told that a lot of things we eat are bad for us –will kill us or give us some disease. Has much of our food become dangerous to health?

A. There are a lot of **exaggerations** and unnecessary fears about this. The great American supermarket is a wonderful place with a much greater variety of healthy food than has ever been available before. If you know something about **nutrition** and about shopping, you can go into a typical supermarket and come out with an excellent diet. You can also come out with a terrible diet if you don't know anything about nutrition.

Q. How do you explain the common feeling that more disease is caused today by the food we eat than in the past?

A. I think we've learned more about the relations between food and health. Let me give you an example of what we do know. We know that being overweight is bad for people. The **evidence** is that being just a little overweight probably is not dangerous to health, unless some other disease is present, like diabetes or hypertension. But being very overweight is bad for health, not only because it makes any existing disease much worse, but also because being overweight makes it more likely that you will become **diabetic** or hypertensive.

Q. Food additives are causing a lot of concern. Do you consider these dangerous?

A. First of all, the word **additive** is a very general one describing anything that you add to food. You could argue that, in a sense, the most dangerous food additive is salt, and that sugar is also a dangerous food additive. Until the recent upset about the possible dangerous effects of the food coloring Red Dye Number 2, which only made food look good and made no contribution to health or safety, it seems to me that people were most excited about those very additives which are most useful and least dangerous.

Q. Such as?

A. Such as **preservatives**, which basically stop **molds**. Some of the most common molds can cause cancer. For instance, aflatoxin is a strong and dangerous **carcinogen** produced by a common mold which grows on peanuts, corn, milk, bread—pretty much anywhere. We protect ourselves against it in part with preservatives.

Q. You mentioned earlier that sugar and salt might be dangerous. What do you mean by that?

A. Let's take sugar first. It is found everywhere in our diet. The average American man, woman, or child eats 125 pounds per year. Well, 125 pounds a year is a lot of "empty" calories, lacking in **proteins**, **vitamins**, and **minerals**. Certainly, if you're going to control overweight, you should start by **cutting down on** sugar. Also, it is bad for your teeth. And there is some evidence that eating large amounts of sugar can cause diabetes and heart disease.

Q. And salt?

A. People react to salt differently, but eating a lot of salt can cause hypertension.

Q. Dr. Mayer, why is it that Americans have a more serious problem with overweight than people in other countries?

A. The best evidence we have suggests that it's not because we eat so much food. Our big problem is exercise – the fact that in 1900 Henry Ford started producing automobiles and since World War II we have produced a large number of labor-saving devices both for industry and for the home. The physical activity of men and women has decreased since 1900.

Q. Do you mean that exercise is really the key to overweight, rather than what we eat or how much we eat?

A. For most people, inactivity is the most important cause of their slowly gaining weight over the years. In other words, most people who have a weight problem at age 45 nowadays would not have had a weight problem in 1630 when they would have walked everywhere, cut wood, worked in their fields, and so on.

Q. If people tend to be overweight, how much exercise should they get?

A. You have to be reasonable about this. People **gain weight** for 20 years and then they want to lose it in two months. You should look at exercise as a way of maintaining a good weight rather than as an emergency way of losing weight. Let me explain it this way: a pound of fat is equal to 3,500 calories and 100 calories is used up by walking 20 minutes. So a 20 minute walk daily will take off 10 pounds of fat over a year. If you walk quickly, you will use about 300 calories an hour. If you play tennis **vigorously** you use perhaps 400 or 500. If you chopped wood for half an hour a day, you could take off 26 pounds of fat a year. That is pretty good. Obviously, if you want to lose weight very quickly, you should do two things at the same time: eat less and exercise more!

Roleplay

1. A housewife who knows a lot about nutrition is giving advice to one who knows nothing about it.
2. A doctor is giving advice to a person with a health problem. (diabetes, hypertension, heart trouble).
3. Two people are talking about how much exercise they get and if they get more.

READING AND SPEAKING

The age of sport

1 What sports are these people renowned for?

Why, do you think?

- Australians
- African-Americans
- Kenyans
- Brazilians
- Chinese
- Russians

2 Who is the most highly-paid sportsperson in your country?

In the world?

Is he/she in ... ?

- motor-racing
- golf
- boxing
- football
- athletics
- baseball

3 What are the biggest sporting events in your country?

In the world?

4 Look at the paragraph headings in the article and make some notes on what the text might be about. Compare your ideas with the class before reading the article.

5 Read the article and answer the questions.

- 1 What is the correlation between sport and strawberries?
- 2 The first paragraph describes various aspects of the current 'Age of Sport'. What, by implication, were these aspects like before this era?
- 3 'Sport knew its place.' What does this mean? Why doesn't it know its place any more?
- 4 How has TV changed sport? Has this change been beneficial or not?
- 5 Why is the London Marathon mentioned?
- 6 In what ways are most sports stars like everyone else?
- 7 What is the correlation between modern sports stars and ancient gladiators?
- 8 What can sport offer that a rock concert can't?
- 9 What is special about the Olympics and the World Cup?
- 10 Why is the besotted fan in a minority?

Vocabulary work

6 Work out the meanings of the highlighted words in the article.

What do you think?

- Do you agree that our culture is obsessed by sport?
- Which sporting events are taking place now? Do you think there is too much sport in the world? Too much sport on television?
- *'As individuals become rich, sport becomes impoverished.'* Can you think of any examples that support this opinion?
- Who are the sports icons of the moment? Why are they famous?
- Who do you think is more interested in sport, men or women? Why?

Sport used to be like fresh fruit and vegetables. Football had its season, then it ended, and you had to wait a while to get some more. Tennis was an explosion of Wimbledon at the end of June, Flushing Meadow in September and the Australian Open in January, and that was that. Now, just as you can get fresh strawberries all year round, there are major championships for every sport taking place somewhere in the world all of the time.

Sport is everywhere

Sport is ubiquitous. Sky TV has at least thirteen sports channels. Throughout the world there is a proliferation of newspapers and magazines totally dedicated to sport. Sports personalities have become cultural icons, worshipped like movie-stars and sought after by sponsors and advertisers alike. Where sport was once for fun and amateurs, it is now the stuff of serious investment.

Of course, sport has always mattered. But the point is that in the past sport knew its place. Now it invades areas of life where previously it had no presence: fashion, showbiz, business. It is a worldwide obsession.

Why this obsession with sport?

What is it that makes sport so enjoyable for so many?

First, we seriously believe that sport is something we can all do, however badly or however well. Tens of thousands set off on the London and New York Marathons. Amateur football matches take place all over the world every weekend. Sport is a democratic activity.

Second, sports stars are self-made people. Sport is dominated by athletes from ordinary backgrounds. This is why it is a classic means by which those from the poorest backgrounds can seek fame and fortune.

Third, we enjoy watching sport because we like to see the supreme skill of those who act like gladiators in

the modern arena. There is the excitement of not knowing who is going to win. No rock concert, no movie, no play can offer that kind of spontaneous uncertainty. This gut-wrenching experience can be shared with a crowd of fifty round a widescreen TV in a pub, or a thronging mass of 100,000 live in a stadium.

The role of television

Television has been absolutely crucial to the growing obsession with sport. It gives increased numbers of people access to sporting events around the globe. With this, certain sports have accumulated untold riches via advertising, sponsorship and fees. Television changes sport completely, nearly always for the worse. We are saturated with football nearly every night of the week with the same top clubs playing each other again and again. TV companies dictate tennis players' schedules. The most important matches must take place at a time when most people are at home, even if this is late at night. Only in this way are the highest advertising fees commanded.

Sport as big business

The growing importance of sport is reflected in the money that surrounds it. Sky TV's sports channels are worth over £8bn. Manchester United football club is a public limited company worth around £1bn. It has even formed a superclub with baseball's New York Yankees, so that they can package themselves collectively.

The rise of sport has been accompanied by the growing prominence of sports stars. They have become public figures, hence in great demand for TV

commercials. For advertisers, they convey glamour, success, credibility and authenticity. The rise of the sports star is mirrored by the rise of sports companies such as *Nike* and *Adidas*. Along with pop music, the Internet, and multinational companies, sport is one of the key agents of globalization.

Sport the global unifier

'Sport probably does more to unify nations than any politician has ever been capable of.' So said Nelson Mandela. The only truly global occasions are the Olympics and the World Cup, watched by thousands of millions across the world. These great sporting events bring together players and athletes from different races like no other. Not only that, but sport provides just about the only example of global democracy

where the rich do not dominate: on the contrary, Brazilians have long been supreme at football, the Kenyans at middle-distance running, and black Americans at boxing.

The ultimate risk

However, there are signs of disquiet in this vast, global industry. The sheer volume of sport is reaching bursting point for all but the most besotted fan. In football, the president of FIFA has suggested staging the World Cup every two years instead of four, and overpaid tennis players and golfers fly endlessly in personal jets from one meaningless tournament to the next. Sport risks killing itself through greed and over-exposure. The danger is that we will all become satiated and ultimately disillusioned.

LISTENING AND SPEAKING

Sporting heroes and heroines

The rower and the ballet dancer

- 1 Do you have a particular sports person that you admire? Who? Why? Discuss as a class.
- 2 What do you think the life of a professional sportsperson is like? What are the highs and lows?
- 3 Look at the photos and read the quotations on the right. Who do you think says what?

Answer the questions.

- 1 Why are the speakers interested in Steve/Darcey?
- 2 What have been the best moments of Darcey's/Steve's career?
- 3 What health problems has he/she had?
- 4 What is her/his training programme?
- 5 What does his/her diet consist of?
- 6 How does she feel during a performance? How does he feel during a race?
- 7 What sacrifices has he/she had to make?
- 8 Who are the significant people in her/his life?
- 9 What are his/her ambitions for the future?
- 10 What kind of a relationship do the two speakers have? What do you learn about them?

Work in two groups.

Group A **T 10.6** Listen to Mick and Jez talking about Steve Redgrave, the Olympic rower.

Group B **T 10.7** Listen to Adelhaide and Kate talking about Darcey Bussell, the ballerina.



Track 10.6.mp3

Track 10.7.mp3

- 5 Work with a partner from the other group. Compare and exchange information.

What do you think?

- 1 Whose training programme is harder, Darcey Bussell's or Steve Redgrave's? Who has suffered more?
- 2 What sort of person do you have to be to succeed in sport? Why do you think they do it?
- 3 Do you know any examples of sports people burning out? What were the pressures on them?

Successful sports professionals can earn a great deal more money than people in other important professions. Some people think this is fully justified while others think it is unfair. Discuss both of these views and give your own opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Game I

Look at the groups of four words below. Try to decide in which sport all four words would be used. Then try to add a word of your own to each group. In one or two cases, more than one sport may be associated with the four items. These answers are also given at the end of the unit.

1 table net bat backhand

2 course hole flag clubs

3 mat horse bars beam

4 ring ropes corner bell

5 court baseline serve volley

6 reins fence whip winning post

7 table pocket cue red

8 board square pawns queen

9 pool butterfly breaststroke turn

10 bow arrow target bull

11 track pedals handlebars lap

12 racket shuttlecock smash lob

13 foil epee sabre hit

14 boat roap ramp tricks

15 corner goal-kick striker goalkeeper

16 rink puck stick goal

Practice I

As further practice of some of the vocabulary in that text, answer the questions below.

1. Who is the reigning Wimbledon women's singles champion?
2. How many spectators does your country's largest football stadium hold?
3. Why might you bet money on an outsider?
4. Who were the beaten finalists in the last football World Cup?
5. Whose athletes are usually hot favourites to win most gold medals in an Olympic Games?
6. Who was the runner-up in last season's Formula One Drivers' Championship?
7. Are there heats for a marathon?
8. When might you be disqualified in a 100 metres sprint?
9. Who gets the gold medal when there's a dead heat?
10. Why might someone be banned from taking part in a sport for a period of time?