

How healthy living nearly killed me

by AJ Jacobs

WARM-UP

1. Discuss questions:

- What does healthy living mean to you?
- How do you take care of your health and well-being?
- Do you have any bad habits that you would like to give up?
- Why do you think being healthy is fashionable nowadays?



VOCABULARY

2. Look at words and phrases below. Match two of them to each definition.

as fit as a fiddle

feel off-colour

vigorous

be out of shape

be out of form

as right as rain

energetic

be/feel under the weather

- full of energy, enthusiasm, or determination
- feeling completely well or healthy
- in poor physical condition
- not feeling well

3. In pairs, answer the following questions.

- Who is the most vigorous person you know? Why are they bursting with energy?
- When do you tend to feel under the weather? Does autumn make you feel this way?
- Do you think you will be as fit as a fiddle in your sixties or seventies? Why? Why not?
- How being out of shape can influence our well-being?

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VIDEO & DISCUSSION

4. Match the verbs with phrases to make collocations.

follow	an instance of something
neglect	all the rules
adopt	a strong social network
have	healthy behaviours
give	friends and family

5. Watch the first part of the talk (0:00 - 4:42) and answer the questions below:

- a) How did the speaker work on his:
- mind?
 - spirit?
 - body?
- b) What were the effects of his self-improvement?

6. Watch the second part of the TED talk (4:42 - 8:42) and answer the question.

What kind of healthy behaviours is the speaker adopting now?

Give examples of what he does.

7. Make correct indirect questions using words given. Add any words where needed and change forms where necessary.

- a) I / you / how/ work / wonder / your mind, spirit and body?

- b) can / tell/ whether / would / you / me / you / like / try / to / any of his ideas?

- c) would / like / what / you / I / know / kind / to / of / healthy behaviours / want / in the future / adopt?

- d) you / know / what / not neglect your friends and family / do ?

8. Discuss questions from ex. 7 in pairs.