

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 **vigorous, energetic**
- feeling completely well or healthy **as fit as a fiddle, as right as rain**
- in poor physical condition **be out of shape, be out of form**
- not feeling well **be/feel under the weather, feel off-colour**

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? *reading the entire Encyclopedia Britannica*
- spirit? *following all the rules of the Bible*
- body? *e.g. had to eat right, exercise, meditate, pet dogs, because that lowers the blood pressure. I wrote the book on a treadmill, and it took me about a thousand miles to write the book. I had to put on sunscreen*

b) What were the effects of his self-improvement? *My cholesterol went down, I lost weight, my wife stopped telling me that I looked pregnant. I also learned that I was too healthy, and that was unhealthy. I was so focused on doing all these things that I was neglecting my friends and family*

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. 1. living a much quieter life now; 2. having joy in life

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?

I wonder how you work on your mind, spirit and body?

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

Can you tell me whether you would like to try any of his ideas?

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

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

Do you know what to do to not neglect your friends and family?

8. Discuss questions from ex. 7 in pairs.