

LIFESTYLE - POSITIVE AND NEGATIVE INFLUENCE ON OUR VITALITY.

EXERCISE

Everyone nowadays knows the benefits of physical exercise – but scientists at the University of Maastricht in the Netherlands say the key to staying slim and keeping fit is to eat less and take gentle exercise such as walking or cycling. ‘People who take intensive exercise often reward themselves by spending the rest of the day in front of the TV’, say Professor Klaas Westertep. ‘At the same time they have to eat more to give them energy for the next work-out. To avoid weight gain, it’s better to take gentle exercise over a longer period.’ And health researcher Peter Axt believes that spending a couple of hours a day doing absolutely nothing is more effective than exercise in building immunity and prolonging life. ‘We always think that we have to be achieving something but just vegetating for half of your free time could be more healthy,’ he claims.

A LOW-FAT DIET

A low-fat diet may be good for your waistline, but the latest research suggest that it is less beneficial psychologically. A team of volunteers at Sheffield University asked to follow a diet consisting of just twenty-five percent fat /the level recommended by the World Health Organisation/ reported increased feelings of depression and hostility towards others. One reason perhaps that people on low-fat diets are apparently more likely to meet a violent death!

GRINKING TEA AND COFFEE

Many of us know that drinking coffee raises your blood pressure but according to the latest research, it can also make you bad-tempered. Mice who were given regular doses of caffeine by researchers were found to be unusually aggressive! On the other hand, the chemicals found in tea can reduce the risk of heart attacks, and have a beneficial effect on cholesterol levels and high blood pressure. And tea doesn’t keep you awake at night either!

EATING CHOCOLATE

Ever heard of the old saying: ‘A little of what you fancy does you good’? Well, if you’re a chocolate fan, there’s good news! Recent studies have revealed that chemicals found in chocolate can protect you from a variety of minor illnesses including colds, coughs, depression and even reduce the risk of heart disease!

EXERCISES:

A. Say whether these statements are true or false. Correct false ones.

1. After strenuous exercise, people are often more active for the rest of the day.
2. Doing nothing for a couple of hours every day is the best way to increase your immunity.
3. A low-fat diet will make you slimmer but more aggressive.
4. The chemicals in coffee reduce the risk of heart disease.
5. The chemicals in chocolate protect you from coughs and colds.

B. Find synonyms of given expressions in the text:

1. profit
2. keeping in shape
3. intensive
4. put on weight
5. protection

ANSWERS:

A.

1. F/LESS ACTIVE

2. T

3. T

4. F/TEA

5. T

1. benefit

2. keeping fit

3. strenuous

4. gain weight

5. immunity

New Cutting Edge Upper-Intermediate Students' Book, S.Cunningham, P.Moor, 'Unusual achievements', p.19

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