



Otázka: Keep yourself fit! Healthy lifestyle

Jazyk: Angličtina

Přidal(a): MArtin

When a person is not in a shape or in a state of good health or another member of the family is ill, we lose our good humour. We are not happy any longer. Money will not cure a person with terminal illness. Health together with love is the most precious gift that people have. That's why we shouldn't gamble with it or tempt our fate needlessly.

What is health?

- **Is a state of harmony of our body and spirit, a state of physical and social prosperity**
- Nowadays good health is expected and accepted as a normal by most of people living in developed countries. It is result of: **improved standards of prenatal and child care, hygiene, nutrition, preventive medicine, better educational methods and communication**
- Two types of health care facilities: **private or state**
- The medical care in our country is basically **free of charge**

Being ill:

When we are ill, we can feel: **rotten, shivery, with aching head, we are sweating, losing appetite, feeling sick, having temperature** – all these are the symptoms of our illness, so then we should follow these advices:



- **Stay indoors, keep warm and keep away from the others**
- **Have plenty of cool drinks**
- **If we feel shivery over 38 degrees or aches or pains, we should take an aspirin every 4 hours**
- **Rest in bed**
- **Try to have three light meals a day, but we should not force ourselves to eat if we have to lose our appetite**
- **If it is not better, then go to the GP** (General Practitioner)

Types of doctor:

- General practitioner (GP)
- Paediatrician (child specialist)
- Dentist (dental surgeon)
- Optician
- ENT
- Surgeon

Illnesses and diseases:

Common children illnesses

- Chicken pox, mumps, measles, scarlet fever, rubella, polio

Common curable infections

- Bronchitis, influenza (flu), cold, tonsillitis, sore – throat

Serious diseases

- Pneumonia, diabetes

Incurable/fatal diseases



- AIDS, cancer, rheumatism

Civilisation diseases

- Asthma, stress, allergies, headache

Prevention is better than cure – we should lead such a way of life to keep our mind and body in a perfect state and balance

Healthy way of life:

- **No smoking/alcohol/drugs**
- **Balanced diet** – not eat too much fat meat, sugar – but eat fish, white meat, eggs, seeds, fruit, vegetables
- **Eat 5 times a day and drink 2 - 3 liters of water**
- **Outdoor activity** – it keeps people strong, flexible, it avoids putting the weight on, and keeps the heart and vessels strong, best is swimming, skiing, cycling, dancing, walking
- No stress – we have to avoid the **stress = KILLER**
- **Relaxation, not to be overworked**, do meditation and **LAUGHT**
- **SPA**
- **Personal hygiene** – washing hand
- **Take regular routine checks** – breast exam, blood pressure, heart rate test,...