



**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,...