



# Health

## Common questions

**Part 1** - Do you think health is important?

**Part 1** - In what ways do you try to stay healthy?

**Part 2** - Describe something you do to keep healthy.

**Part 3** - What are the most popular ways of keeping healthy in your country?

**Part 3** - Do you think more could be done to encourage health in your country?

**Part 3** - What health issues did people deal with during the Coronavirus outbreak?

## Vocabulary and expressions

**Vigorous (adj)** - very forceful or energetic.

*I like to do vigorous exercise in the morning.*

**Obesity (n)** - the state of being extremely fat in a way that is dangerous for health.

*Obesity is a huge problem among the young generation in my country.*

**Out of/In shape (phr)** - In poor/good physical condition.

*I am out of shape at the moment so I need to start exercising again.*

**Diabetes (n)** - a disease in which the body cannot control the level of sugar in the blood.

*The number of people with diabetes is increasing rapidly.*

**Symptom (n)** - any feeling of illness or physical/mental change that is caused by a disease.

*When I exercise and stay healthy, cold and flu symptoms are less severe.*

**Deteriorate (v)** - to become worse.

*Last time I caught the flu, my physical condition deteriorated a lot.*

**Aerobic (adj)** - (exercise) improving the body's ability to use oxygen.

*Jogging is my favourite aerobic exercise.*

**Chronic (adj)** - (pain) continuing for a long time.

*Chronic pain is one of my big fears for later life.*

**Alleviate (v)** - to make something bad such as pain or problems less severe.

*Yoga seems to alleviate joint pain for me.*

**Under the weather (n)** - slightly unwell.

*When I'm feeling under the weather, I eat a healthy meal and get plenty of sleep.*