



Living a Healthy Lifestyle



1

Warmer

Put the picture in order from unhealthy to the most unhealthy.



2

Listening

A fitness expert is giving advice on living a healthy lifestyle. What do you think he will mention? Listen and check.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____





Discuss

Answer the questions with a partner/teacher

1. What are your top 3 recommendations for living a healthy lifestyle?
2. Can you add any more tips?
3. Which do you do regularly? Which don't you do? Why?

3

Functional Language

Read the problems of each person. Match the advice to the correct problem.



1
My stomach always hurts!



2
I can't sleep more than 3 hours a night.



3
I want to lose weight but love sweets.



4
I can barely keep my eyes open during the day.



5
I work long hours and it's affecting my mood.

You should definitely sleep more.

You had better see the doctor. It might be serious.

You have to work less. You're already 65!

You might want to take sleeping pills or something.

Why don't you eat fruit instead?



What phrases do they use to give advice to each person? Can you add any more phrases?

Practice

Look at the pictures. Give each person three pieces of advice using the new language.



You should definitely +
base verb

You had better + base
verb

You have to + base verb

You might want to + base
verb

Why don't you + base verb

You should + base verb

You had better + base
verb



4

Apply

Imagine you're a health and fitness expert. Work with a partner and give the following people health advice.



Sarah works from home and spends most of her day sitting. She loves fast food and eats it almost every day. She is obese and often feels very tired, even though she tries to walk for 10 minutes a day. Sarah wants to feel more energetic and lose weight.

Jack often has bad headaches. He only drinks one bottle of water a day and mostly drinks coffee and soda. He sleeps for 10 hours every night but still feels tired. Jack wants to know how he can feel better during the day.



Carlos has been smoking cigarettes for 15 years. He feels short of breath after any physical activity. He doesn't eat fast food or sweets, but he feels like his body is weak. Carlos wants to quit smoking and improve his health.

Lisa works a lot and often has headaches. She sleeps only 3 or 4 hours a night because she's so busy. She does go to the gym three times a week for 45 minutes. However, she drinks 3 energy drinks a day because she feels very tired. Lisa wants to have more energy without drinking so many energy drinks.



Emma drinks and smokes when she's out with friends. She doesn't eat fruits or vegetables and prefers fast food. She only eats once a day because she's afraid of gaining weight. Emma wants to live a healthier lifestyle but doesn't know where to start.



5

Role-play

Write down 3 problems that you have. They can be real or imaginary.

Student A: Listen to student B's problems. Give them 2 pieces of advice.

Student B: Tell student A your problems. Listen to their advice. Do you agree or disagree with it?

6

Cooldown

Answer the questions with your partner.

1. Do you think you're a healthy person?
2. How could you improve your health?
3. Would you prefer to eat fruits or vegetables?
4. Should the government pay for gym memberships?
5. How often do you eat fast food? Should fast food be illegal?

