

A Healthy Lifestyle



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Reading

Whether we live long and happily, very much depends on how we live and how we treat our bodies. The best recipe to keep fit and healthy are good diet and vigorous exercise. As far as diet is concerned, we should always give priority to fruits and vegetables and simple whole food over meatier fatty products. We should avoid sweets, ice cream, cookies or crisps and instead eat more whole-meal bread, low-fat cottage cheese and drink skimmed milk or yoghurt. If possible, we should eat regularly five times a day. Those who wish to be slim do not necessarily have to starve. Lean meat and fresh fruit salads, for instance, may appease one's hunger but are less calorific than cakes or sweets.

What else is harmful to our health? Technological progress has made our lives easier but at the same time we have become lazy. We drive to work, spend half a day sitting behind a desk, we watch television for hours and as a result we feel unfit. What can therefore be done about it? Generally, people who take regular exercise do not only feel better but also live longer! If we spend at least half an hour daily playing tennis, running, swimming or even walking we can achieve deep relaxation and at the same time protect ourselves from serious medical disorders.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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