

LESSON 1 HEALTH & FITNESS

- The World Health Organization (WHO) gives a definition of Health.

"a state of complete mental, physical and social well-being, not simply the absence of disease or infirmity"





ARE YOU ON A HEALTHY TRACK?

- Yes, I am. I tend to be socially active, eat a balanced diet and do exercise regularly
- No, I don't. I spend a lot of hours in front the TV – I'm a sedentary person!



ARE YOU PROUD OF YOUR HOBBIES?

- Yes, I am, because I share good moments at the same time that I take care of my health.
- No, I am not. I love to smoke and I need to drink alcohol to enjoy parties.



ARE YOU WHAT YOU EAT ?

- I love fast food and greasy meals, they are more delicious than vegetables.
- I make sure that my diet is very nourishing according with my diary waste.



DO YOU ENJOY YOUR TIME?

- No, I don't manage to organize my time well and I feel stressed most of the day
- Yes, I do. To rest properly helps me to deal with tension and increase my self-confidence



**IT'S UP TO YOU TO
START TO GET ON A
HEALTHY TRACK!!!**

