

## 5.4. A healthy lifestyle

17



We often ask ourselves if our lifestyle is healthy. Whether we live long and happily very much depends on how we live and how we treat our bodies. Therefore, what is the best recipe to keep fit and healthy? It seems that the most important things to be in good condition are a good diet and vigorous exercise. We should also take into account our habits and indulgences. As far as diet is concerned, we should always give priority to simple whole food over richer and meatier fatty products. We should eat a lot of fruit and vegetables because they contain vitamins and minerals which are good for our health. We should avoid fat-building 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 and our diet should not only be balanced but also varied. 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? Some people do not realize that their lifestyle has a great influence on their comfort. 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 such serious medical problems as coronary disease, heart attack or circulatory disorders. Let us think of all these health benefits and start practising sports!

Another important thing for our health is sleep and rest. We should bear in mind that only relaxed people living without too much pressure and worry have a chance to keep healthy. However, that is not everything. Equally important is giving up such bad habits as drinking alcohol or smoking cigarettes. Some young people are of the opinion that smoking is a pleasure. They claim that cigarettes have many psychological benefits, for example they calm them down and make them feel better. What utter nonsense! It is scientifically proven that people who smoke one half to one packet of cigarettes daily die three years sooner than non-smokers. Besides, cigarettes cause serious diseases such as lung cancer, heart disease or bronchial troubles. Therefore, if we do not want to fall ill we should give up smoking altogether. We should become more health conscious and aware that we are basically responsible for our own well-being.

### Vocabulary A

lifestyle – styl życia

healthy – zdrowy

to treat – traktować

recipe – recepta, przepis

to keep fit and healthy – być w dobrej kondycji  
i zdrowiu

diet – dieta

vigorous exercise

– energiczne ćwiczenia (gimnastyka)

to take into account – wziąć pod uwagę

habits – przyzwyczajenia i nałogi

indulgences – słabości

to give priority – przedkładać

whole food – zdrowa żywność

rich – pożywny, tłusty

meat – mięso

fatty – tłuszczowe

vitamins and minerals – witaminy i minerały

to avoid – unikać  
 fatbuilding – budujące tłuszcz  
 sweets – słodczyce  
 ice-cream – lody  
 cookies – ciasteczka  
 crisps – chipsy  
 whole-meal bread – razowy chleb  
 low-fat cottage cheese – chudy twarożek  
 skimmed milk – odtłuszczone mleko  
 balanced – zrównoważona  
 varied – urozmaicona  
 slim – szczupły  
 to starve – głodować  
 lean meat – chude mięso  
 fresh fruit salads  
    – surówki ze świeżych owoców  
 to appease one's hunger – zaspokoić głód  
 calorific – kaloryczne  
 to be harmful to – szkodzić  
 influence – wpływ  
 comfort – dobre samopoczucie  
 technological progress – rozwój techniki  
 to feel unfit – czuć się niezdolnym do niczego

to achieve – uzyskać  
 relaxation – odpężenie, relaks  
 coronary disease – choroba wieńcowa  
 heart attack – atak serca  
 circulatory disorders – problemy z krążeniem  
 sleep – sen  
 rest – odpoczynek  
 relaxed – wypoczęty  
 pressure – napięcie  
 worry – zmartwienie  
 to give up – zarzucić  
 pleasure – przyjemność  
 benefit – korzyść  
 to calm down – uspokajać  
 lung cancer – rak płuc  
 heart disease – choroba serca  
 bronchial troubles – kłopoty z oskrzelami  
 to fall ill – zachorować  
 altogether – całkowicie  
 conscious – świadomy  
 to be aware of ... – zdawać sobie sprawę z ...  
 to be responsible for – być odpowiedzialnym za  
 well-being – dobro, dobre samopoczucie

## Speaking

1. What does a „healthy lifestyle” mean?
2. Is your lifestyle healthy?
3. Are Polish people healthy? Why (not)?
4. What can be done to keep fit and healthy?

## Speaking practice 5

1. Spyta kolegę, dlaczego tak źle wygląda.
2. Jesteś chory na grype. Poinformuj lekarza o swoich dolegliwościach.
3. Masz mocno zepsuty ząb. Poproś dentystę, by próbował go jeszcze uratować, gdyż nie chcesz dać go wyrwać.
4. Poproś pielęgniarkę o zmierzenie temperatury i ciśnienia krwi.
5. Poinformuj przez telefon o wypadku. Podaj ogólnie, co się stało ofiarom wypadku.