

# Simple Steps to Health

🔦 B1+ Level

🔦 Duration: 1 h

🔦 Group lesson

🔦 Age: adults, teens

🔦 Lesson goals

Students can follow a lecture or talk within his/her own field, provided the subject matter is familiar and the presentation straightforward and clearly structured.

Students can give or seek personal views and opinions in discussing topics of interest.

## 1

### Warm-up

**Exercise 1: Sort the following words into four groups. Then, in pairs, come up with 4-5 more words for each group, draw a mindmap and share it with the class.**

🔦 Teacher tip

Discuss the words with your students first. Explain the ones that your students are not familiar with.

cortisol

personal trainer

nuts

being outdoors

nutritionist

junk food

fresh fruits

seeds

diet

serotonin

probiotics

oxytocin

30-minute walk



Happiness and stress hormones



People who help you to have a healthy lifestyle



Food and nutrition



Healthy lifestyle activities

## Listening



### Exercise 2. What does a healthy lifestyle mean to you? Watch the **video**. Find the right summary of the video.

1 The video discusses the benefits of practicing mindfulness for overall health and well-being. It explains how mindfulness can help reduce stress, improve sleep, and increase self-awareness. The video provides tips on how to incorporate mindfulness into daily life, such as taking deep breaths, practicing gratitude, and setting aside time for meditation. It also features interviews with experts in the field who share their insights on the science behind mindfulness and its impact on the brain. The video concludes by encouraging viewers to try incorporating mindfulness into their daily routine and to share their experiences in the comments.

2 The video suggests that living a healthier lifestyle isn't easy and requires spending a lot of money. Healthy food options can be more expensive than junk food, making it difficult for people on a tight budget to make changes in their diets. Going for a 30-minute walk every day may not be enough to lose weight or reduce stress. And mental health is also a complex issue that cannot be solved simply by eating dark chocolate or laughing more often.

3 The video discusses how to live a healthier lifestyle without spending a lot of money. It suggests starting with small changes like going for a 30-minute walk every day, giving up one junk food a week, and adding natural happiness hormones like dopamine, serotonin, and oxytocin through food and lifestyle choices. Mental health is also emphasized as an important component of overall health. The video encourages viewers to make the first step towards a healthier lifestyle and to share their ideas for future videos.

### Exercise 3. Listen to the audio again and fill in the gaps with the words below. There are a few extra words.

nutritionist

serotonin

30-minute walk

being outdoors

worse

junk

cortisol

nuts

running 5 miles

seeds

diet

better

simple

But you can also just go for a \_\_\_\_\_(1) every day to lower your stress, reduce the amount of \_\_\_\_\_(2) being dumped into your blood, and even help you to lose weight. If you walk outside, the benefits are compounded. Experts who've gone to prestigious universities have studied the effects of \_\_\_\_\_(3) and learned it makes us happier, more cooperative, smarter, and retain our memories better. Two, you could also fork over some major cash to have a highly trained \_\_\_\_\_(4) tell you what not to eat. Or you could just make some silly \_\_\_\_\_(5) changes, like giving up one \_\_\_\_\_(6) food a week while replacing it with something \_\_\_\_\_(7), like leafy greens, vegetables, fresh fruits, \_\_\_\_\_(8), \_\_\_\_\_(9), sprouts, and healthy oils. If you did this every week, by the end of a single year, you would have completely transformed your \_\_\_\_\_(10).

## 3

### Speaking

**Exercise 4. Discussion questions: Work in pairs. Ask your partner the following questions. Share with the class what you've learned about your partner's lifestyle.**

1. How important is it for you to have a healthy lifestyle?
2. Have you ever considered hiring a personal trainer to help you achieve a healthier lifestyle?
3. What types of outdoor activities do you enjoy doing for exercise?
4. Have you ever consulted with a nutritionist to improve your diet?
5. Are there any foods that you find difficult to give up for maintaining a healthy lifestyle?
6. What's your favorite source of happiness hormones?

## 4

### Writing (homework)

**Read the comments to this video and leave your own comment below. You can agree or disagree with one of the comments or share your own thoughts.**



John

"I always take a 30-minute walk every day after work. It's my me-time and helps me reduce stress. Plus, I've noticed that I've been shedding some pounds too."



Tom

"I don't know if I can commit to walking every day. I work long hours, and by the time I get home, I'm exhausted. Plus, what's the point? I don't really care about losing weight or going outside. I'd rather relax at home with my favorite snacks."



Karen

"I don't know, man. It sounds good, but I'm just not sure if I'm ready for a complete lifestyle change. Maybe I'll try small changes one at a time and see how that goes. I'll give up that extra cup of coffee and go for a walk during lunch breaks instead."



Jackie

"This topic hits close to home. My dad died from a heart attack because of his unhealthy lifestyle. I've made many changes, like having more fruits, nuts, vegetables, and fresh herbs in my diet, and working out daily. I feel so much better now, and I encourage everyone to make little changes as well. You could be saving your own life."



YOU



## Correct answers and teaching tips

**Exercise 1: Sort the following words into four groups. Then, in pairs, come up with 4-5 more words for each group, draw a mindmap and share it with the class.**

The vocabulary was taken from the video.

Correct answers:

Happiness and stress hormones: cortisol, serotonin, oxytocin

People who help you to maintain healthy lifestyle: personal trainer, nutritionist

Food and digestion: junk food, fresh fruits, seeds, diet, probiotics, nuts

Healthy lifestyle activities: being outdoors, 30-minute walk

**Exercise 2. What does a healthy lifestyle mean to you? Watch the video. Find the right summary of the video.**

Created in the "Three summaries" tool

Correct answer: 3.

**Exercise 3. Listen to the audio again and fill in the gaps with the words below. There are a few extra words.**

Created in Youtube to text + Fill in the gap tools

Correct answers:

1. 30-minute walk

2. cortisol

3. being outdoors

4. nutritionist

5. simple

6. junk

7. better

8. nuts

9. seeds

10. Diet

**Exercise 4. Discussion questions: Work in pairs. Ask your partner the following questions. Share with the class what you've learned about your partner's lifestyle.**

Created in the "Discussion questions" tool

**Read the comments to this video and leave your own comment below. You can agree or disagree with one of the comments or share your own thoughts.**

Created in the "Four opinions" tool