**Кейс (задание) 1.**

**A «healthy lifestyle» is a very popular issue today. Everybody seems to be obsessed with health and healthy living. Can you define a healthy lifestyle?**

**Using the texts below, work out an extended definition of a healthy lifestyle represented as a poster (a flow chart, etc.).**

1. What is a Healthy Lifestyle?

A healthy lifestyle isn't just diet and exercise. Today we go over the components of leading a healthy lifestyle and how it's important to lead a balanced life.

In general, most would agree that a healthy person doesn’t smoke, is at a healthy weight, eats a balanced healthy diet, thinks positively, feels relaxed, exercises regularly, has good relationships, and benefits from a good life balance.

**What is the definition of** Healthy Lifestyle?

The World Health Organization (WHO), defines Health as a state of complete physical, mental, and social well-being, not simply just the absence of disease.

The actual definition of Healthy Lifestyle is the steps, actions and strategies one puts in place to achieve optimum health.

Healthy Living is about taking responsibility for your decisions and making smart health choices for today and for the future. So healthy lifestyle would consist of:

Physical (For The Body)

* Good Nutrition, Eating Right
* Getting Physically Fit, Beneficial Exercise
* Adequate Rest
* Proper Stress Management

Emotional Wellness (For The Mind)

* Self-Supportive Attitudes
* Positive Thoughts and Viewpoints
* Positive Self-Image

You Also Need to Give and Receive

* Forgiveness
* Love and Compassion
* You Need to Laugh and Experience Happiness.
* You Need Joyful Relationships With Yourself and Others.

Spiritual Wellness

* Inner Calmness
* Openness to Your Creativity
* Trust in Your Inner Knowing

(Adapted from <https://www.healthylifestylesliving.com/health/healthy-lifestyle/what-is-a-healthy-lifestyle/>)

2. How to Have a Balanced Lifestyle

Method 1 of 5: **Physical**

1. **Get sufficient exercise.** Regular push ups, sit-ups, crunches, jogging or walking are examples.

2. **Get sufficient rest.** About eight hours of sleep helps the body repair itself. You may personally need more or less, as sleep requirements vary between people.

3. **Eat healthier.** Look online and find the food pyramid, then try balancing your caloric intake with your exercise. There are several competing food pyramids, so pick one or two because following all of them would be too hard.

4. **Find time to relax.** Just lie down and think about what you did before you started relaxing. Think positive thoughts.

Method 2 of 5: **Mental**

1. **Plan out your day, and set goals.** But don't stress out if you don't accomplish everything just the way you planned. Remain flexible and try different approaches to your goals.

2. **Write but keep it positive.** No negative thoughts. If you have negative thoughts, do not write them down.

3. **Find out and develop your talents.** Go out and do activities to find what you like and then pursue the one or two that strike your fancy.

4. **Keep a diary or journal.** This would be a good place to write things. But remember, no negative thoughts.

5. **Read.** Try classics such as Shakespeare, Jane Austen, Montaigne, Proust, or Tolstoy. If you are not fond of those, try a newspaper, a fantasy novel, bibliography, or mystery. There's something for everyone.

6. **Try to set goals that are reasonable to achieve.**

Method 3 of 5: **Spiritual**

1. **Pray effectively or meditate and learn different types of asana**.

2. **Communicate with nature.** Go outside, hike, go camping, or have a fishing trip.

Method 4 of 5: **Social/Emotional**

1. **Do a good deed for other people.**

2. **Cooperate with other people.**

3. **Listen to other people.** There is difference between just hearing the words and actually paying attention and listening to them.

Method 5 of 5: **Material**

1. **Get a good education.** To get a good self-supporting job, master the skills necessary for your advancement. That way you will not be dependent upon anyone else.

2. **The job has to be the one you love.** "Love it or leave it."

3. **Money is not that important.** Happiness is the most important thing. Remember people on Forbes 100 are no happier than average people.

(Adapted from <http://www.wikihow.com/Have-a-Balanced-Lifestyle>)

3. The 7 Essential Components of a Healthy Lifestyle

Have you ever stopped to think about what constitutes a “healthy lifestyle?”

Most people quickly jump to diet and exercise. And while I agree that those two components are important, I don’t think they paint the full picture.

There are other underrated components that are (in my opinion) essential to living a “healthy lifestyle.” Let’s dig into these 7 essential components so that you can take better control of your health and your life.

1. Nutrition

It would be hard to argue with nutrition being anywhere other than #1 on this list. **Everything that you put in your mouth is either having a positive effect or a negative effect on your health.** If you’re fortunate enough to be able to choose the foods that you eat, I encourage you to eat for good health. Forget building muscle and burning fat. You should be eating to avoid sickness, disease, and even an early death. Don’t eat just to fill your stomach. Stop for a second and think about where your food came from, how it was prepared, and the effect that it’s going to have on your health. So what types of food should you eat to contribute to disease-free health and a lean body? The short answer is real food. I’m talking about stuff that you can tell came from the earth. Processed and refined foods should be avoided as much as possible.

2. Exercise

In addition to helping you look better, exercise provides a laundry list of health benefits:

* Helps protect you from developing heart disease and stroke and its precursors (e.g., high blood pressure).
* Relieves symptoms of depression and anxiety and improves mood.
* Improves sleep.
* Helps protect you from developing certain cancers.

Mental exercise is just as important as physical exercise. Mentally challenging your brain from time to time keeps it sharp. Exercises such as reading, solving puzzles, playing a musical instrument, and brainstorming are all excellent ways to boost your brainpower.

3. Sleep

When you think about the essential components of a healthy lifestyle, where does sleep fall? If you think like most people, sleep is probably a distant third behind nutrition and exercise. But sleep is much more important than you think. **The time, money, and effort that you spend on nutrition and exercise during your waking hours is almost always wasted if you’re not getting enough quality sleep every night.**

Quality sleep means:

* Not sleeping during the day.
* Not waking up every few hours.
* Going to bed at the right time.
* Maintaining a consistent sleep-wake cycle.

4. Stress Management

Stress is interesting. It can be good and bad. For example, the nervous feeling that you get before a speech or a test is good type of stress. It can help you perform well. And the right types of exercise stress your body in a healthy way. It’s when stress becomes excessive that it becomes bad. Nutrition and exercise play an important role, but oftentimes we need to use stress-reduction techniques to keep cortisol at a healthy level.

5. Sun Exposure

Sun exposure is important for several reasons:

1. Sunlight is required for your body to produce Vitamin D: a vitamin that performs several important functions in your body.

2. Sunlight helps regulate melatonin. Melatonin is a powerful hormone that influences your sleep wake cycles. In general, you want to be exposed to more light during the day and less light at night.

Aside from the health benefits of being in the sun, who doesn’t like a nice tan? Just be careful not to overdo it.

6. Social Contact

Healthy amounts of social contact with friends, family, and loved ones is an underrated but important component of a healthy lifestyle. Sometimes we get too caught up in the busyness of the day and forget about the people that matter most to us. Do your best to make your friends, family, and loved ones a priority in your life. Nourish the relationships that you have and it will make a massive impact on your happiness, energy, and overall health.

7. Have Fun

The last component of a healthy lifestyle on our list of the 7 essential components of a healthy lifestyle is to have fun. Everyone has a different idea of fun. The thing is to unplug from life every once in a while and focus on things that you enjoy. Also, don’t take life too seriously. Laugh, joke around, and lighten up. Our time on this planet is short. There’s no reason to be Mr. Serious.

(From <http://fitnessforprofessionals.com/the-7-essential-components-of-a-healthy-lifestyle/>)

**Кейс (задание) 2.**

**A) Sleep is undoubtedly one of the major components of a healthy lifestyle. Read the beginning of the article and in pairs answer the questions asked by the author.**

**B) Read the rest of the article and find words and phrases related**

**a) to the idea of feeling tired/feeling refreshed;**

**b) to the concepts of relaxation/tension**

**Which of them characterise you and how you feel most of the time?**

Sleep Your Way to a Healthy Lifestyle

Larry Lewis

*‘And if tonight my soul may find her peace in sleep, and sink in good oblivion, and in the morning wake like a new-opened flower then I have been dipped again in God, and new-created’ ~*

*D.H. Lawrence*

Do you get enough sleep, which is vital if you want to live a healthy lifestyle?

To determine whether you are getting enough sleep, ask yourself:

* Am I often tired?
* Am I using caffeine to get through the day?
* Do I sleep well?
* Do I wake up feeling refreshed?
* Do I get drowsy while driving or watching TV?

There is a distinction between people who jump out of bed early every morning and fling themselves straight into their challenging schedule and those who have to haul themselves slowly into consciousness, who lie there for ages before struggling to the kitchen to make themselves their first caffeine kick of the day.

Sleep just seems such a waste of time. If you didn’t have to spend time sleeping, you could be spending all that time answering e-mails, writing blogs, chatting in facebook, or any other things that are important to you.

Your body needs adequate sleep to repair and recharge itself. Experts recommend an average of about 8 hours sleep a night. Too little sleep can affect your mood, your work, and how you feel.

A lack of sleep has been linked to various problems, including:

* greater risk of depression and anxiety
* increased risk of heart disease and cancer
* impaired memory
* reduced immune system functioning
* weight gain
* greater likelihood of accidents

To get yourself the best night’s sleep, it is important to establish a wind-down hour to make the transition from your active day and evening activities to your sleep time. By taking an hour to just chill out and relax before going to sleep, you will find that your sleep is far more restful, and calming. This one hour will get you into the necessary state, ensuring that both your mind and body are rested and relaxed after the events of the day. During this one hour, don’t do anything associated with work or studies.

Feeling tired or run down is a symptom of stress that comes from not getting enough sleep. The more sleep you get the better your ability to fight stress. By getting an adequate amount of sleeping time, you will be giving yourself great support in maintaining your health and the energy and strength of mind to cope with your problems. I’m sure you have noticed those times when you have had a bad night’s sleep, and didn’t enjoy sufficient hours in the land of nod, where the next day you have been tense, and far more irritable than usual.

Natural preparation for a good night’s sleep is preferable to medication, so here are a few simple suggestions:

* At least 30 minutes relaxation period before bedtime.
* Ensure your bedroom is not too warm and has good air circulation.
* Try to finish stressful activities long before bedtime so they do not engage your mind too much.
* Do not drink a very large amount of any beverage too close to bedtime, which will cause you to wake, thus disturbing your rest.
* Reading can help to tire your eyes thus aiding sleep.
* Preparation for the next day long before bedtime can help to reduce apprehension.
* Avoiding mental over-stimulation close to bedtime such as horror/action films etc. can be helpful.
* Use the muscle relaxation or meditation technique, when ready to settle down for the night.
* Keep a window slightly open to allow fresh air to enter your bedroom

Sufficient sleep is essential to a healthy mind and body. Your life improves in every way when you wake feeling refreshed and ready for the day ahead.

(From <https://www.healthylifestylesliving.com/health/healthy-lifestyle/sleep-your-way-to-a-healthy-lifestyle/>)

**C) Decide in pairs and then discuss with the whole group**

**a) which category of people described in para 3 you belong to;**

**b) if you agree with idea that sleep is a waste of time;**

**c) which of the author's views you agree/disagree with/already heard of/find controversial;**

**d) which of the author's recommendations you would like to follow/already follow;**

**e) if you could add any pieces of advice of your own to the ones given in the article.**