ELLLO 1530 - Taking Care of Physical Health

Tahia: So I've been really worried about my physical health [lately/later/late] and think that I need to have a far better [routines/routinely/routine]. What do you think are the most important things that I should do to have good [physically/physics/physical] health?

Christian: That's a great question. I think it's a combination of things. You need to make sure that you're eating [healthily/health/healthiness] . That means lots of fruits and vegetables, no junk food like fried food, and no [sugars/sugary/sugar] foods like cookies and chocolates. You can treat yourself here and there of course, but don't make it part of your routine. And I also think that [exercising/exercise/exercises] is very, very important.

Tahia: How do you exercise and how often do you exercise?

Christian: I exercise by going to the gym, which is [when/where/what] I run on the treadmill and lift weights to tone and grow my [muscle/muscles/muscular], which is super important to me. Usually I work out for around one hour each time and try to go at least five times a week. How about you? What's your favorite way to exercise?

Tahia: I do like going to the gym, but I enjoy it best [when/why/where] I mix it with going to classes like Zumba and Pilates classes. It's a great [mixed/mixing/mix] and it means that I don't get bored. Another thing that I'm trying to do as well as exercising is [drink/drinking/drinks] way more water. It helps to keep you more [energize/energetic/energy], helps your skin be clearer, and [generic/general/generally] helps your health in a lot of ways. How much water do you drink in a day?

Christian: Let me think. Usually I aim for two and a half liters of water a [daily/days/day], and I like adding lemons and strawberries to my water to make drinking more [excitment/exciting/excited]. Because, you know, drinking only water every day can get a little bit boring. One thing that I'm [working/worked/work] on right now is having a very healthy sleep routine. Right now, I'm only sleeping for [above/around/aloud] four hours a night and it's been making me feel very tired [thoroughly/thorough/throughout] the day. What about you? How many hours do you [sleeping/sleep/slept]?

Tahia: I try to sleep for about eight hours, but sometimes it's [long/longing/longer] and sometimes it's shorter. The key is to sleep at the same time every night and wake up at the same time [each/every/ever] morning so that you can build a routine. But
you brought up an __________ [interested/interesting/interest] point about feeling tired __________ [thoroughly/throughout/through/] the day. That's definitely something that I'm __________ [struggling/struggled/struggles] with. I feel like my energy levels are low all the time and I'm not sure what to do to help boost my energy. Do you have any tips for that?

**Christian:** Yeah. Do you drink coffee ______ [at/in/on] the morning?

**Tahia:** I do. Actually, I ______ [thought/thinking/think/] I drink about three cups of coffee a day.

**Christian:** Wow. That's a lot, but I do know ______ [something/someone/some] people that can drink up to seven cups of coffee a day. So I don't know what to tell you. I don't know if it's a good or a bad thing that you drink so much coffee, but maybe you should try not drinking coffee for a week and see if your energy levels ______ [improve/improving/improvement] . Do you think that's something that you could do?

**Tahia:** I did read in a study once that drinking coffee ______ [gave/gives/given] you a lot of caffeine, which can make you feel like you have a lot of energy at the time, but really __________ [interrupting/interrupts/interrupted] with your sleep schedule. So for example, if you drink coffee at 6:00 PM, you'll __________ [struggle/struggles/struggling] to sleep. And maybe that's the reason why you don't actually get enough sleep. Do you drink a lot of coffee too?

**Christian:** Yeah. Not too much. Sometimes I'll drink one cup on __________ [another/an/other/] day, I'll drink two cups. Sometimes I can even drink five cups if I have a lot of things to do that day. But my ______ [energetic/energize/energy] levels don't change too much when I drink coffee. I think I'm just so used to it now that it just doesn't ______ [impacted/impact/impactful] me that much, which is probably not a good thing. What do you think?

**Tahia:** I don't think that's a good thing at all. I think as ______ [wall/well/will] as coffee, energy drinks is a problem. Yeah, sure, you might get energy in the moment, but it can really ______ [affect/effect/effective] the quality of your sleep, not just the quantity. So that's ______ [definition/definitely/definite] something that I think you should work ______ [up/in/on]

**Christian:** Yeah. I think we should both stop drinking coffee for a little while and see how ______ [it/we/they] affects us.