



Most people would agree with the definition of good health as being a state where you are free from sickness. Despite this, there are many different opinions about how a person can actually have good health. People used to only think of their health when they were sick. But these days more and more people are taking measures to make sure that they don't get sick in the first place. In this article I will describe a few of the most common things that you can do to stay healthy.

One of the best things you can do for your body is exercise. But how much is enough? Not everyone agrees on exactly how much people should exercise each day. Some people think that doing simple things like cleaning the house are helpful. Other people do heavy exercise everyday such as running or swimming. One thing experts do agree on is that any kind of exercise is good for you.

Along with exercise, having a healthy diet can help promote good health. Foods like vegetables and fruits should be eaten several times each day. It is also important to eat foods high in fiber such as beans, grains, fruit and vegetables. Fiber helps your body to digest the food you eat. It also helps your body in other ways such as decreasing the chance of getting some cancers, heart disease and

diabetes. Avoiding foods with a lot of sugar, salt and fat is a good idea. Eating these kinds of foods can lead to a variety of health problems. The main one being obesity. Obesity means having so much fat on your body that you are risking your health.

In today's modern world, we all have some level of stress in our life. Different things cause stress for different people. Money problems, work and relationships with other people can all cause stress. It can also be caused by good things like getting married or moving into a new house. The important thing to remember is that you can never completely remove stress from your life. It will always be with you. Instead of trying to remove stress, people need to be aware of what causes them stress and find ways to reduce the impact that stress has on their lives.

There are several ways to fight against stress in your life. Exercise and sports are a great way to reduce stress. Other activities like Tai Chi, yoga or taking a walk also help reduce stress. Changing the way you think can also reduce stress. Try living for now, and don't worry about the future.

The things I've just mentioned are only some of the ways that people can have good health. Doing these simple things can help you to have a better life now and will lead to a longer and happier life in the future.

What is the main idea of the text?

Tai Chi, Yoga and taking a walk are examples of...

Beans, grains, fruit and vegetables are examples of what?

What is one cause of obesity?

The word It refers to:

Everyone agrees on how to have good health.

You must do difficult exercise for a long time everyday to be healthy.

To be healthy people have to stop all stress in their life.

Stress can be caused by good things.

Which underlined word in the text means *to take away or cancel*?

Which underlined word in the text means *people who know a lot about something*?

Which underlined word in the text means *a problem with the body or mind*?

Which underlined word in the text means *to do something dangerous that might cause harm or damage*?

Which underlined word in the text means *to help make something happen*?

Which underlined word in the text means *to change food so that it can be used by the body*?

Which underlined word in the text means *when groups of people play games with rule against each other to win*?

Which underlined word in the text means *saying what a word means*?

Which underlined word in the text means *not having any problem or disease in your body*?

Which underlined word in the text means *knowing a lot about something*.