Snap Shot ✦ ◯

Source: Adobe Stock/peopleimages.com

3 a

Speaking

Warm-up: is it worth the hype?

Get into groups of three or four and have a look at the pictures below.

Source: Adobe Stock/okrasiuk

Source: Adobe Stock/Monkey Business

Source: Adobe Stock/woravut

Source: Adobe Stock/Andrey Popov

Now answer the questions:

1. Which health and fitness trends are shown in these pictures?
2. What could be the reasons why people follow these trends?
3. Do you think these trends are worth the hype? Why / why not?

3 b

Listening

🌐

The billionaire who wants to reverse the aging process

Watch the following video about tech entrepreneur Bryan Johnson:

🖱 Tycoon spends $ 2 million a year on trying to reverse his aging (Inside Edition)

Take notes on what his routine consists of:

nutrition	
exercise routine	
stats and tests	

Snap Shot ✧ ⃝

Health hack or harsh regime?

Get together in pairs. Discuss if you could ever follow a similar regime to the one presented in **3 b** and give reasons. Use some of the language from the VocabBooster to make your points.

VocabBooster

> If I were Bryan Johnson, I would ... • If I had to do 25 different exercises a day, I would ... • If ... • I suppose ... / I'd say... / I'm sure that ... / I imagine that ... / I doubt that ... • Some people would say that ... • There is no way ... • I can't see ... • It might be better to ...

Can smart devices promote people's health?

Read a text from a health website about how gadgets and apps can be used to stay healthy. Some parts are missing. Choose the correct part (A–I) for each gap (1–6). There are two extra parts that you should not use. Write your answers in the spaces provided. The first one (0) has been done for you.

How technology can improve your health
by Alexa Ferrante

With weeks of festive feasts, sugary sweets and indoor merriment, your physical health (0) ___ to all the holiday festivities. It is now time to get back on the road to health. As you start the journey, it might be time to consider how modern technology can help you reach your goals sooner.

Tech, apps and fitness gadgets to keep you on track. Everywhere you look, you see them: wearable fitness gadgets. Fitbits, Apple watches, Garmins and other technology claim to help improve your diet, enhance your exercise regime, and improve your sleep routine. Jeffrey Lai, MD, a family and sports medicine physician, believes the portability of wearable health trackers makes them ideal tools for monitoring healthy habits. "Eating right, getting enough sleep, staying physically active, decreasing stress – these are the foundation of a healthy lifestyle. Today's smart phone apps (1) ___ like our activity level, our pulse or our sleep pattern," says Lai.

Improve your diet. Adjusting to a healthier lifestyle often starts with changing your diet. Overeating is a large problem in the United States, as processed foods and large portions have become a way of life. In order to (2) ___, there is kitchen technology to help us keep track of our ingredients and portions.

While calorie tracking is not a new concept, some health apps are designed to track your daily food intake and (3) ___. Do you know how many cups of water you should be drinking per day? Not only will these health apps help you remember, but they will monitor your food and water intake to make sure you are staying on track.

Work out regularly. While fitness trackers have existed for athletes for years, smartphones and smartwatches now allow the general public to track their workout efforts with ease. This wearable technology can (4) ___ you take per day, provide individualized workout plans for your body type and document your progress in order to help you achieve your fitness goals. Some apps even send daily reminders to stretch, take a stroll around the office or just take some deep breaths.

Get some sleep. In our fast-paced world, sleep does not often get the attention it deserves. Sleeping through the night can lower your risk of injury, allow for better weight control and put you in an improved mood for the rest of the day. If sleeping or waking up (5) ___, you may want to

merriment: happy talk and the sound of people laughing

to monitor sth: to watch and check sth over a period of time

gadget: a small tool or device that does sth useful

to enhance sth: to improve the good quality of sth

MD: Doctor of Medicine

portability: the quality that sth is easy to carry around

Source: Adobe Stock/rh2010

Snap Shot ✧ ○

anxious: feeling worried or nervous

to emit sth: to send out sth

try out some technology-based sleep methods. Sleep apps allow you to take control of your nighttime habits by tracking, measuring and evaluating your sleep methods. Some of the most popular sleep-related apps allow you to track your sleep nightly, so you can see what time you fell asleep, how many hours you slept and what time you woke up.

Other sleeping methods include the use of blue light filters, which can (6) ___ that are emitted by phone and tablet screens and can significantly reduce the time it takes for you to fall asleep. Nighttime filters on your electronics can also help you relax and are recommended for those who feel restless or anxious before bedtime.

It starts with you. Personal health technology now has the power to collect data from all parts of the body and can report back your results. By making the most of this technology, you can measure your efforts easier than ever before.

line numbers: 60, 65, 70, 75

Test format Multiple matching

A	design an individualised work plan
B	combat these unhealthy habits
C	measure the number of steps
D	have become increasingly difficult for you
E	help us collect the most important health details
F	help eliminate harmful lights
G	provide healthy meal options
H	download expensive apps
~~I~~	may have taken a back seat

0	**1**	**2**	**3**	**4**	**5**	**6**
I						

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3 e

Follow-up

🌐

Check the facts

When reading an article from a website you don't know, you have to be aware of the purpose of that text and check the facts.

Do some online research on the following aspects mentioned in the article in **3 d**:

» the effectiveness of blue light filters
» the pros and cons of calorie counting

Present your results in class and discuss the intention of this text. Make sure to read credible sources that are not advertisements for products!

3 f

Vocabulary

Set your goal and find a way

Decide if the phrases in the VocabBooster are either A) "ways to work on your health" or B) "health goals". Make a table with two columns in your notebook and use A) and B) as headings. Then write down the phrases in the fitting column.

VocabBooster

improve your diet • improve your sleep routine • live longer • lower your risk of injury / heart disease /... • improve your skin • decrease stress • track your daily food intake • create an individualised workout plan • set daily reminders • build muscle • improve your mood • use blue-light filters • take supplements • work out every day • monitor your weight • feel energised • boost your immune system • use tracking apps

Source: https://www.memorialcare.org/blog/4-ways-technology-can-improve-your-health

Source: Adobe Stock/Pepermpron
Source: Adobe Stock/Flash concept

3 g
Speaking

Work towards your health goals

Get into pairs and choose three health goals from **3 f** that you find worthwhile. Then discuss the following questions:

1. Which ways to work on your health from **3 f** would be most effective to achieve the goals you have chosen? Are there any other things you could do that are not listed?
2. Would you use modern technology to achieve your goals? Why / why not?

3 h
Language in use

Don't get obsessed

Read the text about some drawbacks of fitness tracking. Some words are missing. Choose the correct word (A–K) for each gap (1–8). There are two extra words that you should not use. Write your answers in the spaces provided. The first one (0) has been done for you.

Downsides of fitness trackers

While fitness trackers are excellent tools for helping you reach your (0) ___, misuse of these tools is possible. For some people, tracking your health in such a precise and detailed (1) ___ can lead to obsession, anxiety, and stress. Sleep tracking can also cause something called ortho-somnia, which is insomnia related to focusing too much on perfecting your sleep.

misuse: used in an unsuitable way

insomnia: not being able to sleep

In this case, it may be best to take a (2) ___ from your tracker, or set goals that are less specific but still help you work toward good health. Instead of setting specific active minute goals or sleep quality goals that can cause (3) ___, try to track your daily overall activity levels, and add a little more each day. Take baby (4) ___; they will help you to start a healthy habit and provide a sense of accomplishment in the long run. Focus on your strengths and accomplishments, instead of where you are lacking, for the best (5) ___ to create a routine.

accomplishment: sth great that sb has worked towards

Knowledge is a powerful tool and fitness trackers provide plenty of information that can be applied to your daily (6) ___. All this helps you to form lasting motivation and change to reach your health goals. Remember that not every piece of (7) ___ will be accurate and that it is still important to seek out medical advice for any concerns. If you find that your fitness tracker causes you more stress than (8) ___, it may be best to set it aside for a period of time. Speak to a doctor or a mental health professional if your stress and anxiety make it hard for you to live a happy and joyful life.

A	habits	E̶	health goals	I	manner
B	obesity	F	motivation	J	data
C	anxiety	G	steps	K	trainer
D	chance	H	break		

0	1	2	3	4	5	6	7	8
E								

Test format
Banked gap-fill

Snap Shot

3 i

Writing

**Text type
Blog post**

Health tracking – here to stay?

You have realised that many people are posting about health tracking on social media these days. Often, the captions state that these people want to lead a healthier lifestyle. You want to address this trend on your blog. In a **blog post** you should:

» present the possibilities health tracking offers
» evaluate if it is worth the hype
» suggest what a modern healthy lifestyle should look like

Give your blog post **a title**. Write around **200 words**.