

# Tananyag

**Szint:** B2 Középfok | **Kategória:** Szövegértés | **Téma:** How to stay fit, happy and healthy? / Hogyan maradjunk fittek, boldogok és egészségesek?



## How to stay fit, happy and healthy?

How to stay fit, happy and healthy? If you've been listening to the news, you already know about our {obesity} levels rising by the day. It has never been more important to watch what you are eating and to get an adequate amount of exercise and sleep to keep yourself fit and healthy. Though it may feel like really hard work at first, once you adopt an exercise routine and start to adapt to a new situation, you'll forget you ever did things differently. Here are just four adjustments to make: 1. Get more sleep! Sleep is huge and important to staying physically and mentally healthy. If you suffer from {sleep deprivation}, try changing your habits in order to get a full eight hours every night. 2. Strive for a better diet! Look at your diet and what you're eating now and make changes where you see fit. If you are {susceptible} to snacking, keep a piece of fruit or a few nuts at hand. The key is to eat small meals throughout the day. Reduce portion sizes, take out white bread and replace with whole grains and make sure each meal contains at least one portion of fruit and - or vegetables. 3. Stop all those bad habits! Take a look at your current lifestyle and make a small list of everything you do that is not good for your health. This could be anything, from eating too much junk food or drinking too much caffeine, to smoking or drinking. Start the process of breaking these habits one by one. Some addictions like smoking, drugs or alcohol are incredibly bad not only to your health, but also to your {pocketbook}. 4. Exercise! We all should be doing at least 30 minutes of exercise, 3 to 4 or more times a week, to maintain good health and keep fit. This can be pretty much anything that is physical, like walking, cycling, running, swimming to {weightlifting}. This too does not have to be expensive, and you can get a great work out without joining any {costly} gyms. Most of these types of exercise are inexpensive, and just doing cardiovascular exercise, like walking or jogging a few times a week will do your body and heart good.

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