

HEALTHY HABITS QUIZ

Do you . . .	always	sometimes	never
1 have regularly scheduled meals at home?			
2 eat at least one meal a day with your family?			
3 do your grocery shopping when you're full?			
4 adjust portion sizes to your needs?			
5 drink six glasses of water every day?			
6 eat three meals every day?			
7 chew your food slowly?			
8 eat only what you need, instead of finishing everything on your plate?			
9 eat only in certain areas of the house, like the dining room?			
10 use the stairs instead of taking the elevator or escalator?			

Getting Ready

- A** Complete the survey above by checking (✓) the boxes that apply to you.
- B** For each "always", give yourself 2 points. For each "sometimes", give yourself 1 point. For each "never", give yourself 0 points. Add up your score, then compare your results below.

What does your total score mean?

- 18–20** You are on the right track. Keep up with your healthy habits!
- 11–17** You are doing well, but could work on areas where you answered **sometimes** or **never**.
- 10 or lower** It's never too late to be healthy! Adopt one or two healthy habits listed above each month and see how you feel.

Before You Read

Popular Diets

A Look at these popular dieting plans. How effective do you think each one would be for losing weight? Rank them from 1–5 (1=most effective).

- _____ **The Meat Diet:** By eating mainly meat and avoiding carbohydrates like rice and bread, you will eventually lose weight.
- _____ **The Chicken Soup Diet:** You eat breakfast every morning, and then you eat as much chicken soup as you want for the rest of the day.
- _____ **The Cabbage Soup Diet:** Some days vegetables are allowed, on other days beef is allowed. If you are hungry, you can have all the cabbage soup you want.
- _____ **The Slow Chew Diet:** Chew each mouthful of food 50 times before you swallow it. This will help you enjoy food more and you'll find yourself eating less.
- _____ **The One Meal Diet:** You can have only one meal a day. You can eat whatever you want and as much as you want for that meal.

B Discuss your answers with a partner. What other dieting plans do you know?

Reading Skill

Scanning

When we need to find certain information in a text, we move our eyes quickly across the page. When we see the part of the text that might have the information we need, we read only that section. This allows us to save time during tests, when searching for information on the Internet, etc.

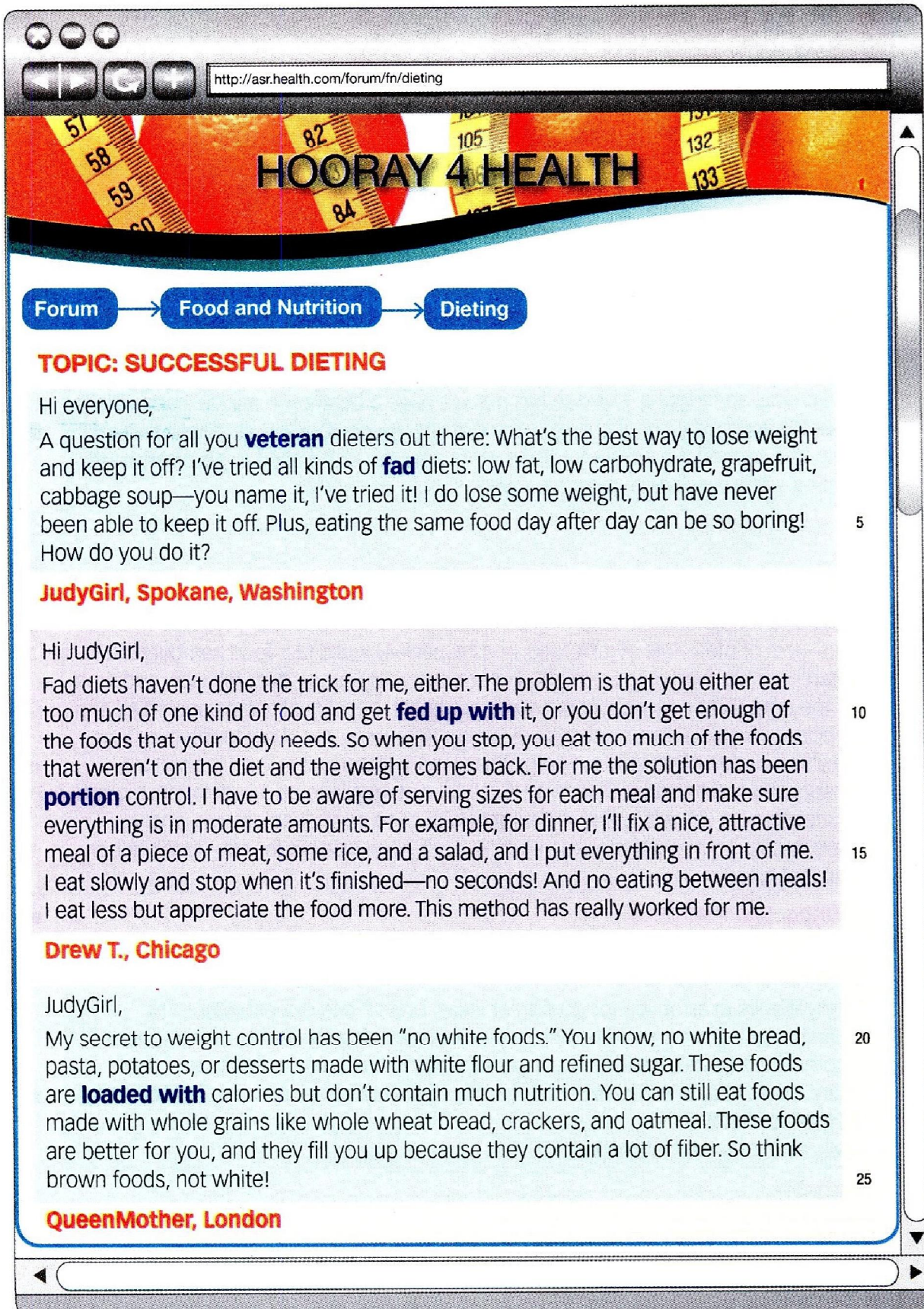
A Scan the web forum on the next page for the following information. Match each piece of advice with the reason that it helps dieters.

Advice	Reason
1 _____ eat whole grains	a high in fiber
2 _____ portion control	b eat what you like in smaller amounts
3 _____ a vegetarian diet	c keep losing weight over time
4 _____ exercise	d don't need to change what you eat too much

B Discuss your answers in **A** with a partner.

C Now read the entire passage carefully. Then answer the questions on page 123.

Motivational Tip: Why is this reading skill important? Why is this reading skill important? You will practice scanning in this chapter; but where can you also use this skill? Think about two other situations in your life where scanning is important. When you realize that a reading skill can be applied beyond the text, your reading will improve.



http://asr.health.com/forum/fn/dieting

HOORAY 4 HEALTH

Forum → Food and Nutrition → Dieting

TOPIC: SUCCESSFUL DIETING

Hi everyone,

A question for all you **veteran** dieters out there: What's the best way to lose weight and keep it off? I've tried all kinds of **fad** diets: low fat, low carbohydrate, grapefruit, cabbage soup—you name it, I've tried it! I do lose some weight, but have never been able to keep it off. Plus, eating the same food day after day can be so boring! How do you do it?

5

JudyGirl, Spokane, Washington

Hi JudyGirl,

Fad diets haven't done the trick for me, either. The problem is that you either eat too much of one kind of food and get **fed up with it**, or you don't get enough of the foods that your body needs. So when you stop, you eat too much of the foods that weren't on the diet and the weight comes back. For me the solution has been **portion** control. I have to be aware of serving sizes for each meal and make sure everything is in moderate amounts. For example, for dinner, I'll fix a nice, attractive meal of a piece of meat, some rice, and a salad, and I put everything in front of me. I eat slowly and stop when it's finished—no seconds! And no eating between meals! I eat less but appreciate the food more. This method has really worked for me.

10

15

Drew T., Chicago

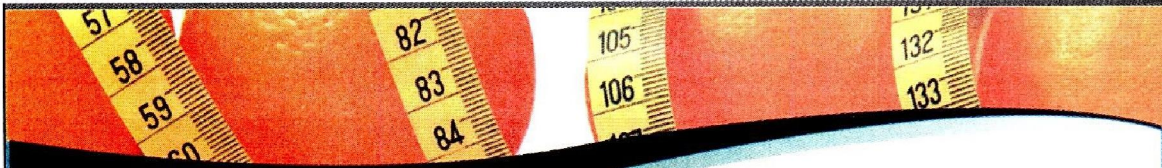
JudyGirl,

My secret to weight control has been "no white foods." You know, no white bread, pasta, potatoes, or desserts made with white flour and refined sugar. These foods are **loaded with** calories but don't contain much nutrition. You can still eat foods made with whole grains like whole wheat bread, crackers, and oatmeal. These foods are better for you, and they fill you up because they contain a lot of fiber. So think brown foods, not white!

20

25

QueenMother, London



Hi JudyGirl,

I notice you didn't say anything about exercise. As I'm sure you're aware, food is only part of the problem for overweight people. Many of us just don't exercise enough. That was my problem, anyway. I always had a pretty good diet, but I never exercised. Then I went to a weight-loss clinic, and a counselor there said I should start exercising regularly, both for my weight and general health. So I joined a gym and started lifting weights several times a week. Now I **alternate** lifting weights, swimming, and jogging. Exercise has made a huge difference in my life. I was able to lose 10 kilograms without changing my diet very much (though I eat fewer desserts). Also, I've kept off the weight for three years now. You don't need to **go overboard**; getting a few sessions of exercise a week should be enough.

JimGym, Sydney

JudyGirl,

Have you thought about becoming a vegetarian? I used to follow a typical American diet—lots of meat, lots of junk food, and I especially loved fast-food hamburgers! I wasn't terribly overweight—maybe five to seven kilograms—but I felt slow and tired all the time. Then a friend told me about the health benefits of a vegetarian diet, and I decided to try it. I didn't lose a lot of weight right away, but I kept losing over time, maybe a couple of pounds a month. What's more important is that I have more energy and feel healthier than ever! It can be a **struggle** to be a vegetarian, though. Sometimes it's difficult to find restaurants with good vegetarian options, and you have to plan your meals more carefully. But, it's been worth it for me—I look better and feel great!

Minjoo, San Francisco

Hi everybody,

Many thanks to all of you for your great ideas. Drew T. and QueenMother, I'm definitely going to try portion control and cut down on white foods. And a special appreciation to you, JimGym. You've reminded me that I really need to exercise more. Sorry, Minjoo, while I see how becoming vegetarian could work, I'm not ready to give up meat! Well, everyone, wish me luck.

JudyGirl

A Choose the correct answer for the following questions.

- 1 Which is NOT mentioned as a problem with fad diets?
 - a You put the weight back on once you stop the diet.
 - b You spend a lot of time planning your meals.
 - c You get bored eating the same kind of foods.
- 2 What is the main idea behind portion control?
 - a You eat only what you need and nothing more.
 - b You arrange your food attractively on your plate.
 - c You prepare different kinds of foods.
- 3 Which is not an example of a "white food"?
 - a refined sugar
 - b oatmeal
 - c potatoes
- 4 Why did MinJoo become vegetarian?
 - a to be healthier
 - b to lose weight
 - c to save money
- 5 Whose advice would someone follow if they didn't want to change their diet?
 - a QueenMother's
 - b JimGym's
 - c Minjoo's
- 6 Whose advice did JudyGirl NOT decide to follow?
 - a DrewT's
 - b JimGym's
 - c Minjoo's

B Answer the following questions with information from the passage.

- 1 How has JudyGirl tried to lose weight in the past?

- 2 According to Drew T., why don't fad diets work?

- 3 Why does QueenMother think brown foods are better than white foods?

- 4 According to Minjoo, what are some problems with being vegetarian?

C Discuss the following questions with a partner.

- 1 Which do you think is the most useful piece of advice that JudyGirl received?
- 2 Would you post a question on the Internet in order to get advice? Why, or why not?

**Reading
Comprehension**
Check Your Understanding


Critical Thinking

Vocabulary Comprehension

Definitions

A Choose the best answer. The words in blue are from the passage.

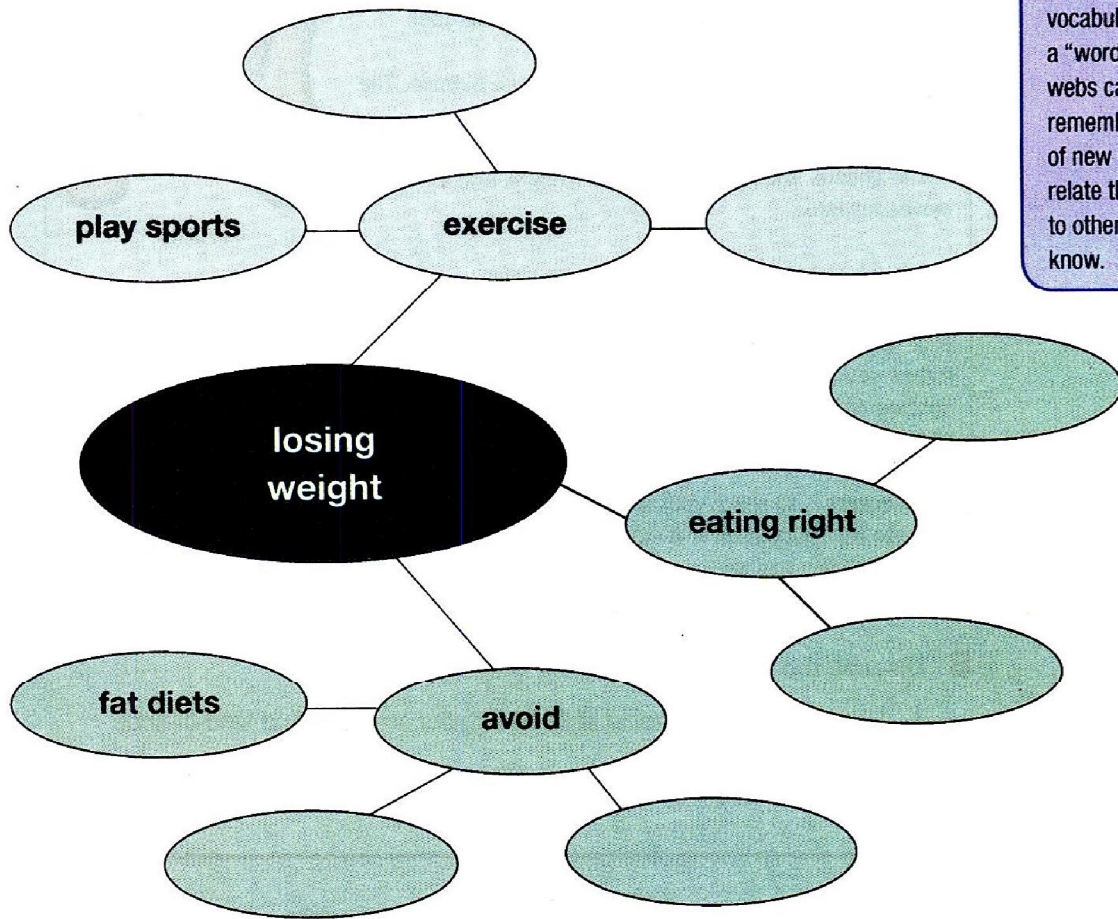
- 1 Jim and Sally **alternate** household chores like washing dishes by _____.
a doing them together b taking turns each day
- 2 Sam **struggles** with math; he studies hard _____.
a and gets As b but still fails
- 3 I didn't expect him to **go overboard** and buy _____.
a a small second-hand car b an expensive new sports car
- 4 Something is a **fad** when it _____.
a lasts a long time b is popular for a short while
- 5 I'm so **fed up** with this diet; I'm going to _____.
a quit soon b keep trying
- 6 Which is **loaded with** calories?
a lettuce b cake
- 7 A **veteran** usually has _____ experience than other people in the same field.
a more b less
- 8 If someone spends a **portion** of their money, they spend _____ of it.
a all b some

B Complete the following sentences using the words in blue from A. You might have to change the form of the word.

- 1 I try not to eat pizza too often because it's _____ carbohydrates and fat.
- 2 To avoid injury, computer users should _____ between using their right hand and their left hand when using the mouse.
- 3 Don't _____ and spend all your money the moment you get your monthly salary.
- 4 We need to divide up the money so we each get equal _____.
- 5 I got a tutor because I was _____ with learning Spanish.
- 6 The hula hoop was a(n) _____ in the 1950s and '60s, but it's not so popular now.
- 7 He was an army _____. He has served in the military for 26 years.
- 8 I'm _____ the rising property prices and cost of living in the city, so I'm moving to the country.

A Complete the diagram below using the words in the box. Then add other words or phrases you know.

walk more fatty foods lots of carbohydrates
 fiber in a gym moderate portions



Vocabulary Skill

Creating Word Webs

One helpful strategy that you can use to memorize new vocabulary is to create a "word web." Word webs can help you remember the meaning of new vocabulary and relate this vocabulary to other words you know.

B Explain your diagram to a partner. Add additional words or phrases to your word web.

C Now try making a word web using words you found in another chapter. See how many branches and words you can add. Share your ideas with a partner.

Before You Read

The Right Fit

A Read about the three different types of running style. Which do you use?

If you're a **pronator**, your ankle rolls inward as you run. This means when your heel hits the ground, the foot moves to the inside as it goes forward.

If you're a **supinator**, your ankle rolls to the outside. The outside of the foot is favored as it moves forward.

If you're a **neutral** runner, your foot and ankle land right in the middle. The foot travels in a straight line as it moves forward.



a pronator

Here's a test to determine your running style:

1 Put a piece of brown paper (like a grocery bag) on the floor. **2** Wet the bottom of your foot and step onto the paper. **3** Check the kind of print you made. A wide print means you are probably a pronator while a narrow print, or one with the middle missing entirely, shows that you are more likely a supinator. You are neutral if it's somewhere in between.

Another test is to check your shoes. If the outside of the shoe is worn down, you're likely to be a supinator. If it's the opposite, you're a pronator. If it's evenly worn down, you're probably neutral!

B Discuss the following questions with a partner.

- 1 How would your running style affect your shoes? What kind of shoe would suit each style?
- 2 Do you believe we need shoes to walk or run properly? Why, or why not?

Reading Skill

Predicting

When good readers approach a text, they start asking themselves questions about it right away, even before they start to read. Predicting activates our previous knowledge of the topic and helps us read more effectively.

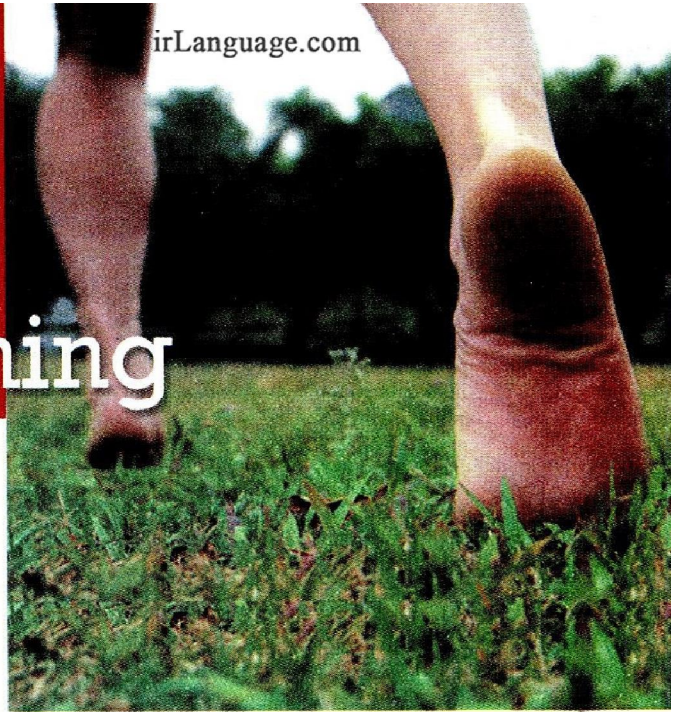
A Preview the article on the next page. Look at the title, pictures, and accompanying captions. Then answer the following questions.

- 1 Barefoot running is (losing / gaining) popularity among athletes.
- 2 People who run barefoot tend to have (more / fewer) injuries.
- 3 Some athletes claim going barefoot has made them run (slower / faster).
- 4 People who run barefoot tend to have (shorter / longer) strides.
- 5 Running barefoot encourages people to land on the (front / back) of their foot.

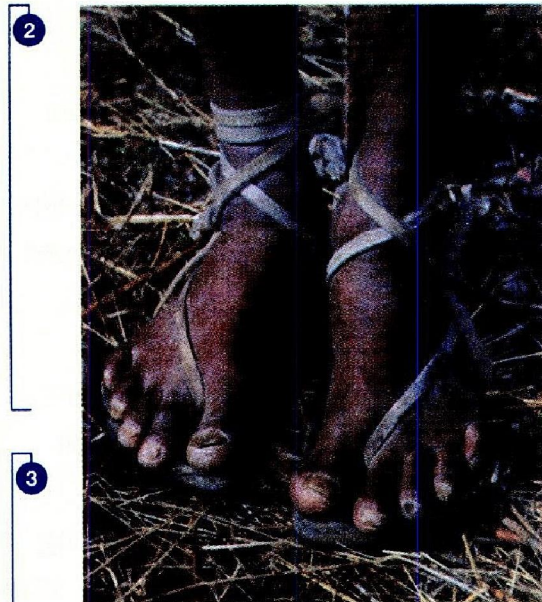
B Skim the passage to see whether your predictions in **A** were correct.

C Now read the entire passage carefully. Then answer the questions on page 129.

Barefoot Running



- 1 In recent years, the growing trend of barefoot running has started a debate among athletes and doctors about the possible health benefits of running with very light sandals or no shoes at all. Barefoot running has gained popularity among both casual and competitive athletes. Some athletes say that running barefoot has helped them cure or avoid injuries; others claim that running barefoot has improved their running form and race times. Opponents, however, say that there is no scientific or medical proof that barefoot running is safer or better than wearing traditional running shoes.



A Tarhumara Indian wears sandals made of used tires.

- 3
- Researchers point out that many of the world's best long distance running cultures—the Tarhumara Indians of Mexico and the Marathon Monks of Enryaku Temple in Japan, for example—run either barefoot or in thin sandals and don't often suffer leg injuries. These same experts note that certain injuries that are common to shoe-wearing athletes are rare among barefoot running cultures, especially back and knee issues.
- Barefoot running supporters believe that going shoeless strengthens foot and calf muscles, improves **balance**, reduces the shock of hitting the ground, and actually makes some runners faster. Researchers have noted that running barefoot encourages runners to land more on the front of the foot—the forefoot or ball of the foot—rather than on the heel, which is what most people do when they run in shoes. This causes a smaller part of the foot to come to a sudden stop when the foot first lands, allowing the natural spring-like motion of the foot and leg to **absorb** any

30 further shock. By contrast, the “heel striking” style of running by most runners in shoes is said to put stress on leg joints and the back.

4 A 2012 study compared runners wearing shoes and running barefoot. The study documented a six percent improvement in energy usage when running barefoot. Because runners without shoes take shorter strides and may have different contact with the ground, they use less oxygen and feel less tired. According to the study, this
35 level of energy saving is equal to what can be achieved after six weeks of training in running shoes.

5 Despite this, there is still no **clear-cut** data, and the debate about barefoot running is alive and well. Doctors and coaches have noted that people who normally run in shoes have “forgotten” how to run without shoes, and **urge** athletes not to **rush** into
40 barefoot running. **Persistent** pain in the heels, knees, or lower back might be signs that your running form needs adjusting. For those interested in trying barefoot running, here are some precautions and practices that doctors and coaches recommend:

- Start slowly. Your feet need time to grow tough skin. Start by walking short distances without shoes, and increase your distances very slowly to give your
45 body time to **adapt**.
- Listen to your body. In addition to the skin on your feet, your muscles and joints will need time to get used to walking and running without the support of shoes. If your feet or muscles **ache**, stop what you’re doing and don’t increase your workout until you feel comfortable.
- 50 • Take care of your muscles. Stretch your legs often and massage your feet and lower legs to help muscles heal and gain strength. Stretching also helps your Achilles tendon and feet stay flexible.
- Make sure it feels right. You will naturally be able to feel when you are landing comfortably on your feet. If you notice too much of a shock when you land, slow
55 down and focus on how your feet are meeting the ground. A gentle landing will feel almost like bouncing or jumping.

A Read the following sentences. Check (✓) whether they are true (T) or false (F).

	T	F
1 Barefoot running is a dying sport that is only practiced by a few tribes in Africa.		
2 Many of the world's best running cultures run barefoot or in thin sandals.		
3 There is scientific proof that barefoot running is better for you.		
4 Back and knee injuries are rare among barefoot running cultures.		
5 Running barefoot changes the way that the foot strikes the ground.		
6 Studies have found that it takes more energy to run barefoot.		
7 The heel strike is currently the most common running style.		
8 Feeling pain when running barefoot indicates that your running form needs adjustment.		

B Read the following subheadings. Match them to the correct sections by writing the paragraph numbers from 1–5.

- _____ Energy-efficient Running
- _____ Taking Your First Steps
- _____ The Barefoot Debate
- _____ Physical Benefits?
- _____ Barefoot Cultures

C Discuss the following questions with a partner.

- 1 Would you want to run barefoot? Why, or why not?
- 2 Why do you think there is a movement towards a more “natural” lifestyle, such as barefoot running and eating organic foods?

Reading Comprehension

Check Your Understanding



Vocabulary Comprehension

Odd Word Out

A Circle the word or phrase that does not belong in each group. The words in blue are from the passage.

- | | | | | |
|---|----------|-------------|----------|--------------|
| 1 | transfer | shift | move | absorb |
| 2 | balance | combination | mixture | blend |
| 3 | thankful | persistent | grateful | appreciative |
| 4 | persuade | urge | resist | promote |
| 5 | joy | pain | soreness | ache |
| 6 | rush | hurry | relax | quicken |
| 7 | adapt | avoid | escape | run |
| 8 | definite | clear-cut | obvious | confusing |

B Complete the following sentences with the words in blue from A. You might have to change the form of the word.

- 1 Thanks to his email records, John has _____ evidence of how his employers mistreated him.
- 2 Sports towels are made out of a special fabric that _____ water very easily.
- 3 An intelligent person usually _____ quickly to various challenges.
- 4 I missed a step, lost my _____, and fell over.
- 5 Sorry, I need to _____ off. I have to meet my friend in ten minutes!
- 6 The best salespeople are _____ and won't take no for an answer.
- 7 I know you've made your decision, but I strongly _____ you to reconsider.
- 8 My back is really _____ from helping my friend pack and move house yesterday.

Motivational Tip: Success or failure? Effort or ability? When you succeed, is it because of your effort or your ability? Success can be a combination of both of these things, but effort is perhaps more important. When you succeed, remember that it is because of the time you spent working toward your goal. When you fail, remember it is not because you are bad at it, but because you need to devote more time and energy to achieving success.

- A** Look at the following chart featuring words with the prefix *fore*. Check (✓) whether they are nouns (N) and/or verbs (V). Then, with a partner, write a short definition for each word.

	Word	V	N	Definition
1	forecast			
2	forehead			
3	foresee			
4	forefathers			
5	forearm			
6	forefront			
7	forewarn			
8	foreword			
9	foreboding			
10	foreground			

- B** Complete the following sentences with the correct form of the words from A. You might have to change the form of the word.

- 1 My _____ came from England and Ireland in the 18th century.
- 2 You didn't focus the camera properly. All the subjects in the _____ are blurred.
- 3 Companies have to be flexible and innovative in order to stay at the _____ of their industry.
- 4 I am getting my university professor to write a _____ for my new book.
- 5 I think I'm getting a fever; my _____ feels really warm.
- 6 You should bring an umbrella to work. It's been _____ to rain today.
- 7 The city council _____ residents that the construction work for the new town hall might cause traffic jams due to road closures.
- 8 When you grip onto something, you are working the muscles of your _____.
- 9 Before I heard the bad news, I already had a sense of _____ that something would go wrong.
- 10 I wish I had _____ that housing prices would fall. I wouldn't have bought an apartment so soon!

Vocabulary Skill

The Prefix *fore-*

In this chapter you read the word *forefoot*. The prefix *fore* is an old English word that means *before* (in space, time, condition, etc.). It can also refer to something that's superior, or physically in front.

Real Life Skill

Understanding Common Health Terms

In this unit, you encountered a number of health and fitness terms. Knowing some of these terms can help you better understand health and fitness literature. A few of them also have abbreviations which may be more commonly used.

A Look at the following health and fitness terms. With a partner, discuss what you think they mean.

- 1 Body Mass Index (BMI)
- 2 heart rate
- 3 Resting Metabolic Rate (RMR)
- 4 body composition
- 5 resistance training
- 6 blood pressure
- 7 warm-up/cool-down
- 8 Glycemic Index (GI)
- 9 ultraviolet (UV)

B **Circle** the correct word(s) to complete the following sentences.

- 1 Your BMI is an estimate of your body fat based on your (age / weight and height).
- 2 Your heart rate is usually measured as the number of times your heart beats per (second / minute).
- 3 Your RMR is a measure of the amount of (energy you use / breaths you take) while you are at rest.
- 4 Your body composition depends on the amount of (fat, bone, and blood / muscle in your body).
- 5 (Weight lifting / Joging) is an example of resistance training.
- 6 In general, the (lower / higher) your blood pressure, the more at risk you are at having heart disease.
- 7 Athletes do warm-up exercises (before / after) taking part in a race.
- 8 Your GI is a measure of how quickly your blood sugar levels (rise / fall) after eating a particular type of food.
- 9 Too much exposure to UV radiation can cause (skin cancer / heart disease).

C Now do an Internet search for the terms in **A** and check your answers for **B**.

What do you think?

- 1 Are people in your country generally healthy? What is their diet like? What do they do for exercise?
- 2 Do you think the idea of health and fitness is different from culture to culture? Why, or why not?
- 3 If you worked for the government, how would you encourage people to lead a healthy lifestyle?