Go to the gym, have a balanced diet, eat little and often, alcohol, too much stress, additives

1. To keep in good health, you might want to go the gym, or have a balanced diet, or eat little and often.
2. Things like alcohol, or too much stress or additives are all threads to people’s health.
3. As for exercise, I don’t go the gym, but I do some exercise at home and I swim a little when I get the opportunity.

Maintain, improve, promote, die of, suffer from, recover from

1. To maintain or improve or promote one’s health, a balanced diet and regular exercise are the best strategy.
2. My grandma died of cancer a year ago, and I will always remember her because she was so kind to everyone around her.
3. I often suffer from a bad cold whenever the season changes and I keep sneezing and coughing before I get over it.
4. The doctor said that it will take my father a few weeks to recover from the serious injury before he could stand up again.
5. Why do you think more and more people are getting cancer?

Well, I would say the major cause would be people’s unhealthy lifestyle today. In order to keep up with the fast pace of urban life, people nowadays in general eat a lot of junk food full of unhealthy additives which are really harmful to their overall health. In addition, the stress from different aspects of a modern life all seem to contribute to the fast growing number of people who suffer from or even die of cancer.

1. How can people in your country maintain good health?

Well, by having a balanced diet I think, and with a decent amount of exercise. Generally speaking, people here might need to avoid drinking too much alcohol and eating food with too many additives. Instead, it’s important to eat a diet with a variety of natural ingredients to ensure adequate nutrition for a healthy body. In the meantime, eating little and often also helps promote good health. Also, in order to improve their health, people nowadays could work out in the gym on a regular basis to keep fit.