

# 49 . Health

## Maintaining good health

- 1. Do you want to enjoy good health ?
- 2. Then you should reduce your stress levels
- 3. Build up your strength
- 4. You have got to do a lot of sport as well \*
- 5. Watch what you eat and go on a diet if necessary
- 6. Go jogging or swimming . That will build up your resistance

\* we do sport NOT ~~play or make sport~~  
a sport is used when in reference to a particular game or activity

“ Volleyball is a great sport “

sports is a more general term including competitive physical activities

“ I like sports in general and especially the sport of basketball “

sports can be used as an adjective

- A sport fan
- Sports equipment
- Sports activities

Other meanings of ‘ sport ‘

- To be a good sport
- To be sporty

## Treatment

- 1. Alexa was diagnosed with a serious medical condition
- 2. She might need to have an operation
- 3. But first she was prescribed a course of medication
- 4. Fortunately she responded well to treatment
- 5. Alexa made a full recovery last year

## Patient information leaflet

1. Do not exceed the recommended dose
2. In case you might have taken an overdose ,consult your physician
3. Consult a doctor as well if you suffer any side effects
4. Also if you started to have any adverse reactions

## Illness

1. I've had a streaming cold for days
2. I wish I could shake off this cold
3. My gran's been in poor health for years
4. There are many infectious diseases in tropical countries
5. Emma was born with a rare illness
6. Oscar Wilde suffered from a chronic ear disease
7. She is still critically ill in hospital
8. The accident left three people fighting for their lives
9. Mark fell into coma due to COVID complications
10. He came out of come a month later
11. John suffered a massive heart attack
12. The young lady's premature / untimely death was quite suspicious