

health

lead a healthy lifestyle

do more physical activity

- exercise regularly
- walk or cycle regularly

maintain good health

- have a balanced diet
- eat more fruit and vegetable
- keep a regular sleep schedule
- achieve a work-life balance

improve their health and well-being

reduce the risk of heart disease and high blood pressure

常见病

heart disease, high blood pressure, diabetes糖尿病, obesity, asthma哮喘, lung cancer, arthritis [ɑ:'θraɪtɪs] 关节炎, tumor

lead an unhealthy lifestyle

damage their health

an active lifestyle

have an unhealthy diet, balanced

cause health problems

home-cooked food

food

high-fat food, high-sugar food, frozen food

contain too much fat/ sugar

lead a fast-paced lifestyle

organic food

lead a stressful lifestyle

under great pressure with their studies, academic stress, work-related stress

work long hours, often work overtime经常加班, cannot achieve a work-life balance

have little time for leisure

face tough competition for jobs/ promotion/ business

have a strong sense of belonging

develop good relationships with their neighbours

build/lack a strong sense of community

feel homesick, lonely and isolated

a sense of pride in...荣誉感, develop a sense of pride in their school/ company/ country

boost national pride

inspire people

outdoor sports

spend too much time online

spend too much time in front of a ...screen

harm their eyesight

increase strength, speed and balance

improve memory and concentration

feel energetic

develop strong willpower形成顽强的意志力

build self-confidence

reduce stress and anxiety

improve their health and well-being增进健康和幸福感

improve hand-eye coordination

participate in team sports

develop their teamwork skills

give them a sense of achievement

cause stress and anxiety

damage/improve their emotional health

cause frustration

is a good way to reduce/relieve stress and anxiety

encourage people to exercise regularly/ make healthy food choices

regulate fast food advertising对快餐广告进行严格监管

improve public health

raise people's health awareness

healthcare workers

medical technology

medical treatment

retired people, 反义-working adults

rising life expectancy 上升的人口预期寿命

人口老龄化带来的问题: cause labour shortages, put pressure on the healthcare system, increase the burden on taxpayers

人口老龄化解决办法: (个人) save money for retirement 为退休养老存钱, retire later. (政府) raise the retirement age, encourage immigration

population aging 人口老龄化

promote healthy lifestyles

improve healthcare services/ system