

## Health and bodycare

### Task 1: monologue



You are a reputable doctor and have been invited to give a talk of about 5 minutes to some university students about how important it is to be fit and healthy.

Talk about what can be done to be fit and healthy (e.g. do regular exercise, have a balanced and healthy diet, get a hobby, use relaxation techniques, avoid stress/drugs/tobacco/alcohol, go to a spa/sauna, extra intake of vitamins...) and the reasons why people should be fit and healthy (avoid health problems and illnesses, incompatibility of drugs with sports practice, live longer and better...).

You have 4 minutes to prepare your presentation individually.