



Lifestyle Ailments

B1-B2

Module 8

Here's What
We Will Be
Learning in this
Presentation:



Summary

- ❑ Introduction to Lifestyle Ailments.
- ❑ How do we prevent them?
- ❑ Exercises.

Vocabulary

Ailments: a bodily disorder or chronic disease.

Convenient: suited to personal comfort or to easy performance.

Claims: to ask for especially as a right.

Prone: having a tendency or inclination.

Epidemic: affecting or tending to affect large number of individuals within a population, community, or region at the same time.

It is a matter of pride for the older generation to talk about their better lifestyles, how tastier and pest-free their food was and even how better off they were physically.

To sum up, how much more they got out of life in general. Is there some truth to their **claims**? Well, yes. With advances in technology resulting in an easier lifestyle, there are new diseases—what doctors today are calling—lifestyle diseases.

**THOSE WHO
THINK THEY HAVE
NO TIME FOR
HEALTHY EATING
WILL SOONER OR
LATER HAVE TO
FIND TIME
FOR ILLNESS.**

What are Lifestyle Ailments?

Lifestyle ailments are diseases which are a result of the way we lead our lives. More work and no play, makes a lot of us prone to a host of diseases, physical ailments, and emotional problems. **However**, these develop as a result of:

- ❑ The type of work we do
- ❑ Environmental factors that affect our living conditions
- ❑ Work environments
- ❑ The food we eat
- ❑ Our exercise habits
- ❑ Stress



The greatest
WEALTH
is
HEALTH.

Exercise 1

Give synonyms for:

1. Prevent
2. Advances
3. Daily

Answer the following:

1. Summarise lifestyle ailments and their causes.
2. Do you agree that the earlier generation had a better lifestyle? Why?

Preventing

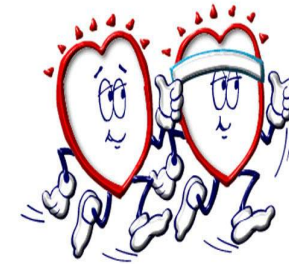
The good thing about lifestyle diseases is, if we do something about them, it is possible to reverse the condition. Here are some of them:



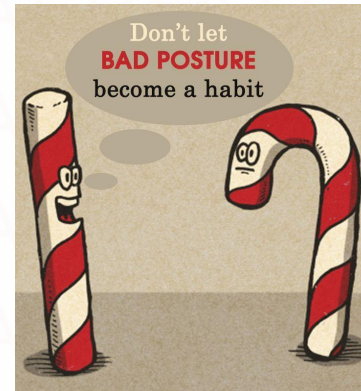
- Have a healthy diet. Avoid foods that are high in fats, salt, sugar and refined products.



- Engage in moderate exercise (30 minutes every day).



- Sit and stand in the right postures.



While our lifestyles have become more convenient, there certainly is nothing classy about lifestyle diseases. We pay a high price for our press-of-a-button lifestyles. **Eventually**, we may need to take a step back and relearn how to lead physically active, and, in turn, disease-free, lives.



Exercise 2

Make sentences with:

1. Convenient
2. Classy
3. Reverse
4. Relearn

Answer the following:

1. Give 2 ways to prevent lifestyle ailments.

Exercise 3

Find the word using the clue.

1. _____ (One cause of Lifestyle Ailment)
2. _____ (Prevention of Lifestyle Ailment)
3. _____ (Synonym of huge)
4. _____ (Avoid this in your diet)