Body and Mind
This is Hunter Woodhall, a high school sprinter from Syracuse, Utah. He is using his prosthetic blades at the Armory Track in New York, March 9, 2017.

People with disabilities have been competing in sports competitions for over 100 years. The first Paralympic Games were held in Rome, Italy in 1960. Nowadays, the Paralympic Games are the world’s second biggest sporting event after the Olympics.

1 Circle the correct statement.
   a This athlete is concentrating on keeping his balance.
   b This athlete is concentrating on running fast.
To Control Stress, Come to your Senses!
Tests, homework, fights with friends or parents … there are lots of things that cause us stress. And stress can harm us in physical and emotional ways. Physically, stress can make our bodies tense. We might get stomach aches, headaches or sore muscles. Emotionally, stress can cause anger and sadness. Stress can also make us less energetic.

When we’re too stressed, our bodies and minds simply stop working well. So, it’s important to know how to control stress. One way to do so is by using our five senses. Follow the suggestions below, and you could be feeling better in no time!

**Sight**
- Put a vase of flowers on your desk.
- Look at a favourite photo.
- Go to a room that’s painted in a relaxing colour, like blue or green.

**Smell**
- Go outside and breathe in the fresh air.
- Light a scented candle.
- Visit a nearby garden and smell the flowers.

**Touch**
- Put on soft, comfortable clothes.
- Stroke a dog, cat or any other furry animal. Use a stuffed toy if you haven’t got a pet.
- Have a warm bath.

**Taste**
- Have a cup of warm tea or coffee.
- Eat a small piece of chocolate.
- Have your favourite healthy snack, like a piece of fruit or some nuts.

**Sound**
- Listen to music that makes you feel good.
- Hum or sing your favourite song.
- Sit near a stream or a fountain and listen to the sound of the water moving.

3 Circle the correct words.
1 He’s got a strong muscle / sense of smell. He could smell the cake baking from outside.
2 I feel so much sense / stress whenever I forget to study for an exam.
3 Climbing this mountain put a lot of physical / energetic stress on my body.
4 Emotional / Physical stress comes from thinking about bad things.
5 Paula is so energetic / sore. She’s always doing something!
6 The muscle / stress in my left leg is really hurting me.
7 After running for an hour, her feet were emotional / sore.

4 Write the sense(s) being used to reduce stress. Use the reading and your own ideas. Then answer the question.
1 Lighting a candle
2 Holding a stuffed toy
3 Putting a vase of flowers in the room
4 Having a small piece of chocolate
5 Humming or singing a favourite song
6 Sitting near moving water
7 Which of these seems most effective, in your opinion?
**Put the words in the correct order to make sentences.**

1. exam / relax / can’t / I / before / an
2. ? / José / visit / we / hospital / in / can
3. ? / go / you / to / able / the / to / doctor’s / were
4. wasn’t / sleep / able / last night / I / to
5. hear / shouted / couldn’t / he / because / we / us

**Circle the correct words.**

1. He trained very hard and he can / was able to win a medal in 2016.
2. The doctors wasn’t able to / couldn’t find the cause of his illness.
3. Can I / I am able to use your mobile phone?
4. Karim isn’t able / can’t to relax because he’s too stressed out.
5. Can you / Were you able to go to the gym yesterday?

**Match the word to its meaning.**

1. breathe
2. comfortable
3. diet
4. fit
5. mind
6. pain
7. tense

**GRAMMAR  Can and could**

We use **can** for the present and the future to:

- a talk about ability.
  
  I can ride a bike.
- b ask for and give permission.
  
  Can I go home because I don’t feel well?
  
  You can go out when you’ve finished your homework.
- c talk about what is possible.
  
  You can keep fit by walking every day.
- d ask somebody to do something for you.
  
  Can you go to the supermarket?

We use **could** to talk about ability in the past.

**Note:** We use a bare infinitive after **can** and **could**.

**Be able to**

We use **be able to** to talk about ability. We can use it in all tenses except for continuous tenses. We use a bare infinitive after **be able to**.

She is able to run faster than him.

You will be able to get out of bed in two days.

They have been able to get fit with yoga.

We use **was/were able to** to talk about what someone managed to do on a specific occasion in the past. **Could** is usually only used for general ability in the past.

He didn’t feel well, but he was able to eat dinner.

**Note:** The negative forms **couldn’t** and **wasn’t/weren’t able to** can be used for both general and specific ability in the past.

**Listen. Listen and repeat.**

**TR: 7.3**

- **breathe**
  
  It’s important to breathe deeply whenever you’re stressed.
- **comfortable**
  
  I don’t want to get up. I’m so comfortable here on the sofa.
- **diet**
  
  A healthy diet includes lots of fruit and vegetables.
- **fit**
  
  Go to the gym or go for a walk every day if you want to keep fit.
- **mind**
  
  She’s going to succeed if she puts her mind to it.
- **pain**
  
  George is in a lot of pain after he fell off his bike.
- **tense**
  
  My body feels tense when I’m nervous.

**Listen. Then tick T for True or F for False.**

**TR: 7.4**

1. Bao’s stress is only coming from school.
   
   T
2. Bao is only having emotional pain, not physical pain.
   
   T
3. Bao couldn’t sleep for the past few nights.
   
   F
4. Dr Faulkner says Bao should be energetic at school.
   
   F
5. Dr Faulkner tells Bao that it’s important to breathe deeply to relax.
   
   F
6. Dr Faulkner gives Bao ideas on how to get some sleep.
   
   F

**Ask and answer these questions with a partner.**

Are young people healthy nowadays? Why/Why not?

What can they do to improve their health?

How can they keep fit?

How can they avoid stress?

**Write a paragraph about young people and their health. Answer the questions in Activity 10.**

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Lesson 2

1 Listen. Listen and repeat. TR: 7.5

2 Listen and read. TR: 7.6

Exercise for your Body and your Mind

People between the ages of six and 17 need 60 minutes of exercise each day. Do you get that much exercise? How about changing your daily routine so that you do more? You must know that exercise is good for your body. The physical benefits include making you stronger and more energetic. But there are also many emotional benefits to exercising.

- **Exercise improves confidence.** When you exercise, you’re doing something good for your body. If you’re getting fit, chances are you’ll feel good about yourself. This makes you happier and more self-confident.

- **Exercise helps stop you feeling depressed or anxious.** Doing exercise immediately improves your mood. Going for a run or a hike before a difficult task will make you less anxious about it. But, scientists are learning that exercise is great for people who feel depressed over a long period of time, too. Research shows that people who are less active are 75% more likely to suffer depression.

- **Exercise helps you sleep.** Studies show that people who exercise fall asleep more easily and wake up less during the night than people who don’t exercise at all. For the best sleep, exercise about six hours before going to bed.

- **Exercise affects the chemicals in your body.** Exercise helps your body produce more of the chemicals that make you feel happy. It also produces chemicals that improve your ability to learn and your memory.

- **Exercise affects your mind.** Scientists have found that people think most creatively right after exercising. Additionally, researchers discovered that exercise actually helps your brain produce new cells. More brain cells? That can’t be a bad thing!

- **Exercising with others is best.** Playing on a team or running with a friend is the best way of exercising. You feel like you belong when you’re on a team. Being part of a group makes you feel more satisfied.

3 Write C (Correct), I (Incorrect) or DS (Doesn’t say).

   1 Exercising only once a week can help improve your mood. □
   2 People who are active are less likely to be depressed. □
   3 People who don’t exercise often have memory problems. □
   4 It’s best to exercise three hours before going to bed if you want to sleep well. □
   5 Exercising can help your brain produce more cells. □
   6 Exercising alone is better than exercising with others. □

4 Complete the sentences with words from Activity 1.

   1 Dana feels very ________ when she enters a competition. She knows she’s trained hard.
   2 Lee is ________ about his biology exam tomorrow. He hasn’t studied.
   3 Grandpa is worried about his ________ because he’s always forgetting his keys.
   4 The ________ controls everything that happens in our bodies.
   5 After her cat disappeared, Leona became very ________.
   6 Why are you in such a bad ________ today?
   7 Rochelle is very _________. She exercises for at least two hours each day.
PHRASAL VERBS

Complete the sentences with these verbs.

1. They’re going to _________ a new bicycle that can go 80 kph (50 mph).
2. _________ your jacket if you’re too hot.
3. ‘Can I _________ these trainers, please?’ she asked the shop assistant.
4. Some people _________ really expensive clothes just do to a yoga class.
5. I think this new exercise will _________.

bring out catch on put on take off try on

belong Renaldo belongs on our team.
benefit A benefit of hiking is a clear mind.
negative Negative feelings can lead to depression.
positive Active people are happier and have more positive feelings.
produce Exercise produces good results.
satisfied Self-confident people often feel satisfied.
suffer My uncle has suffered from depression.

GRAMMAR  May and might

We use may and might to talk about possibility. We use a bare infinitive after may and might. We don’t usually use might in questions and we usually say might not, not mightn’t.

I might buy some new trainers.
Trainers may not always be best for hiking.

Note: Be careful with maybe (perhaps) and may be (modal verb + bare infinitive).

Must and can’t

We use must to talk about something we are sure is true and can’t when we are sure something isn’t true. We use a bare infinitive after must and can’t.

Exercising must help people to relax.
That can’t be Helen’s racket. She doesn’t play tennis.

Circle the correct words.

1. She’s so intelligent. She must / can’t be self-confident, too.
2. I might / must start doing yoga, but I’m not sure.
3. The magazine Outdoors mightn’t / can’t be about the gym.
4. Running may / must not suit you because your legs are sore.
5. These shoes can’t / may be Sara’s. She’s wearing hers.

Complete the second sentence in each pair so that it has a similar meaning to the first. Use can’t, may/might, may not/might not, or must.

1. Those gym clothes certainly aren’t comfortable.
   Those gym clothes ____________ comfortable!
2. Maybe I won’t go hiking with my mum.
   I ____________ hiking with my mum.
3. I’m sure exercise improves your mood.
   Exercise ____________ your mood.
4. It’s possible that my dad will open a cycling studio.
   My dad ____________ a cycling studio.

Listen. Listen and repeat.  TR: 7.7

Circle the letter for the best meaning.

1. belong
   a. be happy
   b. be a part of
2. benefit
   a. something helpful
   b. something uncomfortable
3. negative
   a. good
   b. bad
4. positive
   a. good
   b. bad
5. produce
   a. make
   b. learn
6. satisfied
   a. happy with something
   b. careful
7. suffer
   a. be fit
   b. feel pain

Listen to four conversations. Write the number of the conversation next to the correct photo. If the photo isn’t mentioned, mark an X. TR: 7.8
1 Listen and read this problem page from a magazine for young people. Match the letters with Aisha’s replies. Do you think she gives good advice? Explain.

A Dear Aisha, I need your advice. My best friend recently told me that I should buy new clothes for the gym. She said that my exercise clothes looked terrible, and that I must buy some nicer ones. I think she thought that she was being helpful, but I felt bad when she said that. My gym clothes are old, but they’re comfortable. I don’t care what they look like. And right now, I mustn’t be spending money on gym clothes – I’ve got other things to spend my money on. Should I let it go, or tell my friend that she hurt my feelings? – Claire, 13

B Dear Aisha, Recently, I haven’t been feeling very well. I’m always exhausted. We’ve got exams at school soon and I haven’t got the energy to study. I go to bed early, but sometimes I can’t sleep because I’m so stressed. Please help! – Lara, 14

C Dear Aisha, I’m very upset and I don’t know what to do. My parents are always telling me that I spend too much time online and that I should exercise more. They want to take away my phone. Do you think 4 – 5 hours a day is too much? The problem is that I really enjoy playing computer games and texting my friends. I don’t really like sports. – Timothy, 12

2 Write C (Claire), L (Lara) or T (Timothy).

1 Who does too much of something?
2 Whose problem is affecting their education?
3 Who doesn’t want to spend money?
4 Whose parents object to how he/she spends time?
5 Who is worried about other people’s opinions?
6 Who is very tired all the time?

3 I’m afraid your parents might be right. It’s not healthy to spend so many hours online. Why don’t you walk or cycle to school so that you get some extra exercise? This way your parents will see that you’re making an effort to exercise more.

2 First of all, you must stop worrying! Try to relax at bedtime by having a warm bath before bed. Think about your diet, too. Are you getting enough vitamins? Doing exercise will also make you feel more energetic. You don’t have to run 10 kilometres a day – even walking for 20 minutes three times a week will help.

3 Don’t listen to this ‘friend’. There’s nothing wrong with wearing old clothes to the gym. The most important thing about going to the gym is that you’re doing something positive for your body and mind. It’s not a fashion show, and what you wear isn’t important! You ought to find a best friend that cares about you and not your clothes.

SAY IT LIKE THIS!

Asking for and giving advice

What do you think I should do?

Do you think I should + bare infinitive … ?

Why don’t you + bare infinitive … ?

You’d better (not) + bare infinitive …

Complete the dialogue. Then practise it in pairs.

Dan: I haven’t studied for the test.

Tom: No, stay at home.

Dan: ____________________________ stay at home.

Tom: ____________________________ just answer any questions you know?

Talk about the problems below in pairs.

I can’t get up in the morning.

My sisters don’t help at home.
**WRITING  Letters of advice**

**A** Read these expressions and write A (asking for advice) or G (giving advice) next to each one.

1. I suggest that you should …
2. Why don’t you …?
3. What should I do?
4. Please tell me how I can …

**B** Look at the expressions below. Where can they be used? Tick the correct box.

I hope you are able to …
I’m sure you will ….
Good luck!

a. at the end of letters asking for advice
b. at the end of letters giving advice

**C** Read part of a letter sent to a problem page and make notes in answer to the questions.

1. What’s Andy’s problem?
2. What should he do? (Make two or three suggestions.)
3. How will he feel then?

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I've recently started a new school where I don't know anyone. The problem is that I'm very shy and I find it difficult to make friends. When someone talks to me, I feel stressed and I can't think of anything to say. I feel terrible because the other kids in my class must think I'm really boring. I don't know what to do.

Please tell me how I can relax and make some friends at school!

Andy, 13

**D** Write a letter giving advice to Andy. Use the expressions in Parts A and B, your notes in Part C and the plan below to help you.

Start like this:
Dear Andy,

Paragraph 1: Talk about your own experience and say what you know about this problem.

Paragraph 2: Say what Andy should/shouldn't do (two or three suggestions) and what the results will be.

Paragraph 3: Wish him luck in solving his problem.

Finish like this:
All the best,

(your name)

**E** Read your letter and check that you have used the correct expressions from Part A.

Tip! Don’t forget to use the bare infinitive after the expressions in Parts A and B.