


7



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.

Lesson 1

1 Listen. Listen and repeat. 🎧 TR: 7.1

2 Listen and read. 🎧 TR: 7.2

emotional sense energetic sore muscle stress physical stress

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!

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.



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.



Control Your Stress

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.



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? _____

GRAMMAR *Can and could*

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

- talk about ability.
*I **can** ride a bike.*
- 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.*
- talk about what is possible.
*You **can** keep fit by walking every day.*
- ask somebody to do something for you.
***Can** you go to the supermarket?*

We use **could** to talk about ability in the past.
***Could** you walk when you were one year old?*

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 used only for general ability in the past.

*He didn't feel well, but **he was able to** eat dinner.*
***Were** they **able to** get to the hospital in time?*

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.
*The boy **couldn't/wasn't able to** walk after the accident.*

5 Put the words in the correct order to make sentences.

- exam / relax / can't / I / before / an
- ? / José / visit / we / hospital / in / can
- ? / go / you / to / able / the / to / doctor's / were
- wasn't / sleep / able / last night / I / to
- hear / shouted / couldn't / he / because / we / us

6 Circle the correct words.

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

7 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.

8 Match the word to its meaning.

- | | |
|---------------|---|
| 1 breathe | a What you eat and drink |
| 2 comfortable | b Feeling nervous and worried |
| 3 diet | c Feeling good and free from pain |
| 4 fit | d Moving air in and out of your lungs |
| 5 mind | e What you use to think |
| 6 pain | f Being strong and in good physical shape |
| 7 tense | g What you feel when something hurts |

9 Listen. Then tick T for True or F for False. TR: 7.4

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

10 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?

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

Lesson 2

1 Listen. Listen and repeat. TR: 7.5

2 Listen and read. TR: 7.6

active anxious brain depressed
memory mood self-confident

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.

Guess what!

Astronauts living at the International Space Station do exercise for over two hours each day to keep their mood up and their bodies strong.

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.

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.*

5 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.

6 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.

7 Listen. Listen and repeat. TR: 7.7

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.

8 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

9 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



PHRASAL VERBS

Complete the sentences with these verbs.

bring out catch on put on take off try on

- 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 _____.

Lesson 3

- 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. TR: 7.9



Ask Aisha

Have you got a problem?
Don't worry! Aisha can help!

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*

1

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.

- 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?

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.
_____ stay at home?
Tom: No, _____ stay at home.
Dan: _____
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.

GRAMMAR *Must*

We use **must** to talk about obligation in the present and future. We use a bare infinitive after **must**.
They **mustn't be** late for school.

Have to

We can use **have to** to talk about obligation in the present. We use a bare infinitive after **have to**. We use **will have to** for the future and **had to** for the past.

You **have to go to bed early** tonight.

Note: There is an important difference in meaning between **mustn't** and **doesn't/don't have to**:

You **mustn't park here**. = You aren't allowed to park here.

You **don't have to dress up**. = It isn't necessary.

Should and ought to

We use **should** to ask for and give advice. We use a bare infinitive after **should**.

You **should brush your teeth twice a day**.

We use **ought to** to give advice. We use a bare infinitive after **ought to**. We don't usually use the question form of **ought to**.

You **ought to look after your health more**.

3 Complete the sentences with these verbs.

doesn't have
should

must
shouldn't

ought



- 1 He _____ to have a drink.
- 2 She _____ stay in bed today.
- 3 He _____ to wear a swimming cap.
- 4 She _____ eat all the cakes!
- 5 He _____ buy some new socks.

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?

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.