

# 11 Health

## Unit Focus



Nutrition

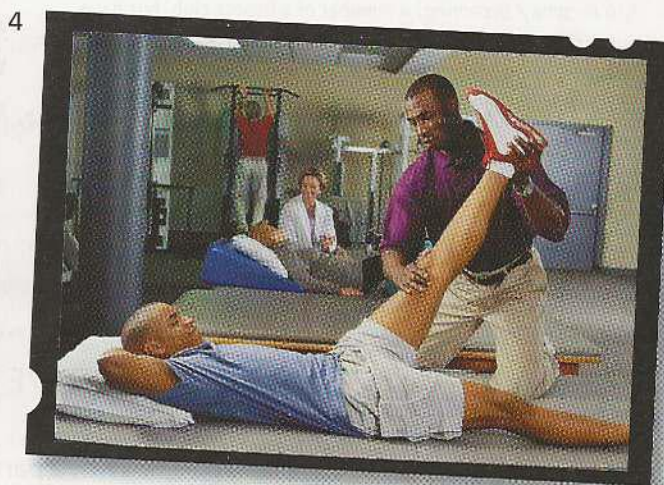


Medicine



Fitness

## Snapshot



**A** Look at the pictures. Which of the verbs below can be used to describe the body positions of the people in the pictures? Can you think of any other verbs to add to the list? Now make sentences using the verbs to describe the pictures.

kneeling

stretching

bending

lying down

leaning

balancing

holding

clutching

tilting

crouching



**B** Listen to the statements (A–H) and choose the one that best describes each picture.



## Viewpoint

- A** Make a list of the elements that you think are important for a healthy lifestyle. Now read the article and see how many of the things on your list are mentioned.

# Living the Longer Life

Their grandparents live past 100, but the island's next generation may not make it to middle age.

BY Hideko Takayama

**E**VERY MORNING Seiryu Toguchi rises at six and exercises in the front yard of his home in Okinawa. He prepares a breakfast of rice and miso soup with spinach and egg. Then he tends his nearby farm, where he grows vegetables. At five p.m. he takes a hot bath and cooks home-grown radish with pork for supper. He reads newspapers, does his own laundry, and takes the bus to the nearest town when he needs to. It's nothing out of the ordinary — until you consider that Toguchi is nearly 102 years old.

Lean and fit, Toguchi jokes that his secret is a special drink he takes before bed: garlic, honey, turmeric, and aloe mixed with a local distilled liquor. His sharp mind and high energy may be rare among the elderly in other regions of the world, but he is not so unusual in this part of Japan. Indeed, Okinawa has the highest proportion of centenarians in the world: 39.5 for every 100,000 people.

What's their secret? In 2001, three specialists published a study of the locals' longevity in a book called *The Okinawa Program*. The authors found that elderly Okinawans had remarkably clean arteries and low cholesterol. Heart disease, breast cancer, and prostate cancer were rare, which they attributed to the consumption of locally grown vegetables, tofu, and seaweed, accompanied by rigorous activity and a low-stress lifestyle.

But increasingly, Okinawans are living more like Americans. That means less bean curd and walking, more burgers and stress. Only recently did Okinawans begin to recognize how the changes in diet and lifestyle were endangering their health. And it now seems unlikely that the island's children will live as long as their grandparents.

Doctors and government officials are urging Okinawans to return to their roots. *Ryukyu Shimpo*, the local daily newspaper, has begun a series of articles on longevity. "We want to give a warning to our people," says editor Takenori Miyara. "We will cover every area concerning our health situation, from history to culture, and from produce to what measures we should take."

One approach is to target the island's schoolchildren. At Johoku Junior High School in Naha, the lunches often include local dishes. "I like Big Macs, but I would rather eat more Okinawan food to stay healthy and live long," says Masatsugu Uemura, 15. The principal, Yayoko Ishikawa, says that Okinawans believed for decades that their lifestyle was scorned by the rest of Japan. "It has taken such a long time to realize what we had was a treasure for longevity," Ishikawa says. "We should start teaching our children about traditional foods and how the people lived." After all, few people know how to age well better than Okinawa's old folks.





- 7 B** Look at the slides for a presentation about the Okinawa community. Using the article, make the necessary changes to correct the information presented in the first three slides. Write in the missing information for the fourth slide.

Slide 1



**What makes elderly Okinawans so unique?**

- i they have unusually high levels of cholesterol
- ii they are resistant to certain diseases
- iii they get regular physical exercise

Slide 2



**What foods are featured in the Okinawa diet?**

- i hamburgers
- ii seaweed
- iii fresh vegetables

Slide 3



**Why is the younger generation in Okinawa less healthy?**

- i they have adopted Western lifestyles
- ii their lives are less stressful
- iii they get more exercise

Slide 4



**What is being done to make people aware of the benefits of the traditional diet and lifestyle?**

- i .....
- ii .....
- iii .....

## DISCUSSION

Describe your daily routine. What are the main similarities or differences between your lifestyle and that of traditional Okinawans?

## Listening 2



- 4** Before listening to the radio announcement, read the press release below. What information is missing? Listen to the announcement and fill in the blanks.

### The United Okinawa Association

RAISED BY WHITE DOCTORS  
LIVED FROM 4-11 YEARS  
15-YEAR STUDY OF THE AGING  
LONGEST-LIVED POPULATION

### THE OKINAWA WAY

HOW TO IMPROVE YOUR  
HEALTH AND LONGEVITY  
DRAMATICALLY

BRADLEY WILLCOX, MD, CRAIG WILLCOX, PhD  
AND PHAROSIS SHIMIZU, MD

FORWARDED BY AMERICA'S BEST, MD

The United Okinawa Association is pleased to announce that Bradley and Craig Willcox, the best-selling <sup>1</sup> authors of *The Okinawa Diet Plan*, will be speaking at a special evening event.

After hearing a short presentation of their research on the Okinawa community, you will have a chance to meet our guest speakers and to taste some of the unique <sup>2</sup> ..... that they present in their book.

Join them at the <sup>3</sup> ..... in Waikiki on May 15th from <sup>4</sup> ..... until <sup>5</sup> ..... and enjoy a fascinating and informative evening.

The \$ <sup>6</sup> ..... cover charge for the evening entitles you to your own hardback copy of their book.

Seating is limited, so book early if you don't want to miss this unique opportunity to find out about leading a healthier life.

**Reserve now by calling 215-658-4321.**



## Grammar Check 2

### Third conditional

We use the third conditional to talk about what would have happened in a particular situation if conditions had been different.

- A** Look at the examples. Which part of each sentence is in the past perfect and which is in the conditional perfect (*would + have + past participle*)?

- If I'd *had* an aspirin with me, I *would have taken* one immediately.
- I *wouldn't have known* what to do if I *hadn't followed* a course in first aid.

see page 137 in the Grammar Reference section

- 6 B** Complete the gaps with the appropriate form of the third conditional. (You may need to use a negative form in some examples.)

## Folk Medicine

If you <sup>1</sup>(to live) *had lived* one hundred years ago in America, you <sup>2</sup>(to have) ..... access to the same sort of medical treatment that people get from their local health centers today. And you <sup>3</sup>(to be able) ..... to run down to your local drugstore to pick up a pack of aspirin. You <sup>4</sup>(to have) ..... to rely on folk medicine and traditional remedies that had been handed down from

generation to generation. But who knows whether those remedies <sup>5</sup>(to do) ..... you any good! Look at some of folk remedies that have been collected at the University of California at Los Angeles (UCLA). Which of these do you think <sup>6</sup>(to work) ..... the best and which do you think <sup>7</sup>(to be) ..... effective at all?



#### Ailment

#### Remedy

- |               |   |
|---------------|---|
| 1 Fever       | a bathe in vinegar and water<br>b put onion slices under your pillow<br>c apply an ice-pack                                 |
| 2 Headache    | a put a handful of salt on your head<br>b get your ears pierced<br>c lie down and cover your eyes with a wet rag            |
| 3 Sore throat | a wear an old sock around your neck<br>b drink lime juice mixed with water<br>c eat a mixture of cheese, avocado and garlic |
| 4 Cold        | a put a mustard plaster on your feet<br>b eat red peppers<br>c drink ginger tea   |
| 5 Insomnia    | a prepare a drink of warm milk<br>b put a horseshoe under your bed<br>c lie on your left side and wink with your right eye  |

- C** Tell your partner which remedies you would have chosen if you'd lived 100 years ago.



## Listening 3

### Giving advice and making suggestions

We use *should* and *ought to* to give advice.

Before traveling abroad, you *should* check with your doctor to see if you need any vaccinations.

You *ought to* renew your immunization against yellow fever soon.

Here are other phrases that are used to give advice and make suggestions:

*Why don't you / we ...?*      *How about ... + -ing?*      *What about ... + -ing?*

*Don't you think that you / we could ...?*      *If I were you, I would ...*



As head of a planning committee for a regional health organization, Saskia Lindstrom is coordinating an annual "Vaccination Week". Read her memo, then listen to five extracts (A–E) from the planning meeting and indicate which item (I–V) they refer to on the agenda.

## Memorandum

**To:** Members of the "Vaccination Week" Planning Committee  
**From:** Saskia Lindstrom  
**Subject:** "Vaccination Week" Meeting; Reminder and Agenda  
**Date:** Friday 19 September

Dear Committee Members,

I would like to remind you of our next planning meeting:

Tuesday 23 September

9:00 a.m. – 4:00 p.m. in Conference Room C. Lunch will be provided.

Please look through the updated agenda before the meeting.

I look forward to hearing your suggestions.

Best regards,

S. Lindstrom

### AGENDA

- |     |  |                      |
|-----|--|----------------------|
| I   | Identifying places to deliver the vaccinations | ..... <b>A</b> ..... |
| II  | Soliciting sponsorships & endorsements         | .....                |
| III | Involving the community                        | .....                |
| IV  | Devising the media communication plan          | .....                |
| V   | Assessing the campaign's effectiveness         | .....                |

extract:

### TOEIC® Tip

In Parts 2 and 3 of the test, listen carefully for question forms that make suggestions rather than ask for information:

*Why don't you / we ...?*, *How about ...?*, *What about ...?*

Note: *Why don't you call a doctor?* is not asking why you do not call, but is suggesting that you should call.



## Vocabulary Builder

### Phrasal verbs 2: three-part

Some phrasal verbs are followed by an adverb and a preposition.

Read the article and match each underlined three-part phrasal verb (1–6) with its dictionary definition (a–f).



### Physical Therapy on the Job

When occupational therapist Chip Wyler noticed that many of his company's skilled laborers were taking costly sick leave due to strain-related injuries, he discovered that many workers <sup>1</sup>were not up to the strenuous job requirements. So Wyler <sup>2</sup>came up with a unique stretch and flex pre-work program. Initially he <sup>3</sup>ran up against some resistance from management and workers alike. However, once he <sup>4</sup>got through to them that pre-work stretching would cut down on injuries, company support flourished. The 20 minutes of on-site productivity lost at the start of every work day is quickly <sup>5</sup>made up for by a 50 to 80% reduction in injury and compensation claims. Now, workers <sup>6</sup>look forward to doing the morning workouts and enjoying more injury-free days.

a to experience an unexpected difficulty .....3.....

b to feel pleased and excited about something that is going to happen .....

c to replace something that has been lost, or to provide something good in order to make a bad situation better .....

d to succeed in making someone understand or believe something .....

e to be physically or mentally prepared for .....

f to suggest or think of an idea or plan .....

## Communication

### Keeping the company healthy

#### MacroMix

employs 2,000 staff at its headquarters in California. The Human Resources Director has recently conducted a survey to see how many work days are lost as a result of sick leave. The findings show that sick leave costs the company more and more money each year. Most of the absences are due to illnesses that are directly related to a lack of exercise, an unhealthy diet or poor stress management.

The HR director wants to introduce a new health program for MacroMix staff to reduce the annual sick days by 2%. Your team is in charge of designing the program.

Consult the role cards on page 173. Choose one area and present your findings at the team meeting. Then decide on the most cost-effective wellness program for MacroMix.