

Tips for Starting a Healthy Lifestyle

Taken from: <https://www.youtube.com/watch?v=0aNNYEUARAK>

Listen to the video and fill in the blanks.

In today's video, I'm going to be _____ you guys my _____ tips for starting a healthy lifestyle.

1/ My first tip is to **cut out processed foods**, and one of my _____ ways to just eat _____ and healthy and raw is to make _____. You can buy _____, pressed juice. But I actually like to make juice. So I'm using some _____ and apples and kale.

You can use whatever you like. This is a great way to get your _____ in. It's going to deliver vitamins and _____ to your body. And it seriously _____ so good: you can't even taste the green.

And _____ are another great way to _____ and nurse your body. And what's awesome about smoothies and juices is that they are already blended up, so they give your digestive _____ a little bit of a break.

[Note: you lose the fibre quality of vegetables by putting them in a blender.]

2/ **Replace Soda** with Tea or Carbonated Water. We're going to have to _____ on this sooner or later and that is replacing soda, with tea or carbonated water, something to replace soda with. I like to _____ my tea, and kind of look up new _____ on line. But you will _____ immediate results in your body when you cut out soda. You're going to have a lot more _____, you're not going to be as _____. Your blood sugar _____ are going to be a lot more stable. _____ you are going to feel a lot better when you cut out soda.

3/ **Drink water**. Did you guys know that 75% of Americans are _____ dehydrated. That is unacceptable. Drinking water is one of the most _____ and effective ways to get you feeling and looking your best. So _____ a cute water bottle and drink half of your body _____ in ounces per day.

If you really don't like water, you can try _____ up your water by adding lemon or _____ fruit to it: something to give it a bit more of a taste. And I _____ adding lemon and frozen blueberries to my water. It might sound a little _____. But, it's actually really, really good. It's super _____ and it adds a little bit of _____ to your water.

4/ **Spend time by yourself**. Being healthy goes so much _____ than being in top _____ shape. Oftentimes we _____ our emotional health because we view healthy as a _____ idea, limiting it to how our bodies look. So write your _____ or take a bubble bath and taking care of _____ from the inside _____.

5/ **Plan your workout**. Even exercise goes far beyond just how our bodies look. It helps relieve _____, produce good hormones in our bodies, and even helps with a good _____.

sleep. So I _____ just spreading out [???] your work out the night before, as well as setting out your workout clothes, so that you have no excuse when it comes time to start your workout.

6/ **Get a good night's rest.** When the sun goes _____, so should you. When you sleep, your body regulates the _____ suppressing hormone leptin as well as your cortisol levels, which keep your metabolism. So make sure you are getting _____ rest every night.

7/ **Get moving by doing something you actually enjoy.** The most important thing to _____ when creating the habit of exercise is to do something you love to do. You simply will not be able to _____ to a plan of exercise if you are doing something you don't enjoy. So _____ out what you like. Do you like long walks, quick jogs, an upbeat spin class. Find what _____ for you, and do what _____ for you.

There is no _____ time to begin your healthy lifestyle than _____. In fact, the only thing we are every completely sure of is _____ now in this moment. The future is never _____. So why _____ to start a beautiful, active, healthy life _____, when right now is really all that you have.

Translate the following expressions:

To touch on this _____.

To cut out _____.

It might sound weird _____.

To be in shape _____.

To stick to something _____.

To figure out _____.

In small groups, discuss what your favourite tips are for living a healthy life: make notes here.
