

## A healthy lifestyle

Dear Liz,

I would like to have a healthy lifestyle but I don't know where to begin. I am 36 years old and married, with two school-age children. I am a teacher. In the morning I go to work. After school I do the housework and cooking and help my children with their homework. Then I have papers to correct. In the evening I am tired and watch TV. I smoke and drink to relax and I don't do sports. I just can't find the time. I want to eat more healthy foods like fish, fruits and vegetables, but my husband and the children love meat and potatoes. I can't find the energy to change my life. Can you help me?

Thank you,  
Christine

Dear Liz,

I am 42 years old and single. I am a computer programmer. I work 6 days a week. I start at 8:00 a.m. and sometimes I work until 8 or 9 p.m. I don't smoke and I don't drink, but I don't like to cook, so I eat a lot of fast food. And I drink lots of coffee at work. Every Sunday I visit my mother and help her in the house and with her garden. I don't find enough time to relax. How can I reduce my stress?

Sincerely yours,  
Manfred

What is the best advice for Christine? What is the best advice for Manfred?  
What is good advice for both?

	Christine	Manfred
1. You should stop smoking.	X	
2. You should eat "slow" food at a restaurant.		
3. You shouldn't work so late at night.		
4. You should drink tea, not alcohol.		
5. You should go to a yoga class once a week.		
6. Your husband should help you with the housework.		
7. You shouldn't watch TV every evening. Listen to music or take a hot bath.		
8. You are alone too much. You should go out with your friends.		
9. You should drink tea at work, not coffee.		
10. Your family should eat fish once a week. Try serving it with potatoes and a nice sauce.		

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Answers

	Christine	Manfred
1. You should stop smoking.	X	
2. You should eat "slow" food at a restaurant.		X
3. You shouldn't work so late at night.		X
4. You should drink tea, not alcohol.	X	
5. You should go to a yoga class once a week.	X	X
6. Your husband should help you with the housework.	X	
7. You shouldn't watch TV every evening. Listen to music or take a hot bath.	X	
8. You are alone too much. You should go out with your friends.		X
9. You should drink tea at work, not coffee.		X
10. Your family should eat fish once a week. Try serving it with potatoes and a nice sauce.	X	