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Příjemce: Střední zdravotnická škola a Vyšší odborná škola zdravotnická, Husova 3, 371 60 České Budějovice

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Popis způsobu použití materiálu ve výuce:

Výuková elektronická prezentace, která je určena pro seznámení žáků se základními pojmy a popisem zdravého životního stylu v tematické oblasti Medical English. Materiál může sloužit jako názorná pomůcka doplňující výklad učitele, ale také je vhodná pro domácí přípravu žáků (např. zpřístupněním formou e-learningu). Materiál obsahuje zpětnou vazbu ověřující pochopení látky v podobě závěrečného snímku s otázkami k tématu.

Tento výukový materiál je spolufinancován Evropským sociálním fondem a státním rozpočtem České republiky.



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Keeping Fit

Before You Start

- Before you start any physical activity you should warm up.
- Most people do not need a medical check-up before starting regular exercise.
- However, ask your doctor about the best form of exercise for you if:
- You've had chest pain, high blood pressure, or heart disease.

Is a Check-Up Necessary?

- You have chest trouble like asthma or bronchitis.
- You are recovering from an illness or operation.
- You have diabetes.
- Always stop exercising if you have any of these symptoms: pain, dizziness, feeling sick or unwell.

Jogging Couple



Shoes

- For most activities you don't need to buy anything new.
- Just wear loose, comfortable clothes and a good pair of shoes.
- For any activity that involves a lot of walking, running, or jumping you will need a good pair of running shoes to protect your feet, joints and back from injury.

Shoes

- Make sure that the shoes you buy have a thick cushioned sole, especially at the heel, to protect your feet.
- Check that the sole is wide enough with plenty of room for your toes.
- Remember you may need a larger size than your normal shoes because your feet are likely to swell.

Keeping Fit

- Today we have a lot of pressures and stresses at work and family life, so it means that we don't have time to exercise.
- Physical inactivity is a risk factor for coronary heart disease.
- If you do not exercise, you increase your risk of dying from a cardiovascular disease.

Keeping Fit



[2]



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Regular Exercise

- Being physically active can also bring good mental health and help you to manage stress, anxiety and even depression.
- Regular exercise can help you achieve and maintain an ideal weight.
- You make feel happier about your appearance too.

Regular Exercise

- All exercise help strengthen bones and muscles (e.g. running is good in promoting bone density and protecting against osteoporosis).
- Different exercises help with all sorts of health areas, such as digestion, poor posture, sleeplessness, diabetes, or lower back pain.

Exercise Benefits

- Exercise have a lot of benefits for older people too.
- Some of the particular health benefits of exercise as you get older include.
- **More energy** - exercise makes you feel more energetic.
- **Improved sleep** - if you exercise, you give good sleep.

Exercise Benefits

- **Stable weight** - regular exercise helps to keep you at a healthy weight.
- **Improved circulation and lower blood pressure.**

Exercise Benefits

- **Delayed aging** - keeping active strengthens your muscles, joints, and bones as well as helps with mobility and balance.
- This is important as it helps to prevent falls, which are the leading cause of injury and death for people over 75.

Keeping Fit



Modern Lifestyle

- Keeping fit has become a part of today's modern lifestyle.
- There are only some of its advantages: it is great fun, it is a good way of making new friends.
- It helps you relax. It helps you control your weight.

Modern Lifestyle

- It helps keep you more mobile when you get older.
- It helps your heart work more efficiently, improves your circulation and helps protect against heart diseases.
- It needn't cost anything. It gets easier the more you do it. And, it helps you feel good in mind and body.

Why Do We Die Early?

- According to scientific research our bodies are programmed for 100-120 years of life.
- In spite of this fact we are growing old and dying much sooner.
- An unhealthy way of life, bad nutrition, lack of sport activities and exercise in the open air, stress, and negative emotions are the main reasons.

The Czech Republic

- According to statistics, people in the Czech Republic suffer from cardiovascular diseases, cancer, arteriosclerosis, and diabetes more than people in other countries.
- Being healthy, fit, and having a slim figure contributes to a healthy way of life. You feel fit and you look good.

Questions:

- Do you keep healthy lifestyle?
- Do you suffer from stress?
- How do you manage stress?
- What are civilization diseases?
- Why are good shoes so important?
- What are the benefits of keeping fit?
- Do you keep fit? Why? Why not?

Seznam použité literatury a pramenů:

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