



ENGLISH CONVERSATION CLASS
INTERMEDIATE
OCTOBER WEEK Nº5

Topic: Keeping a healthy lifestyle

Play this video and answer the following questions:

<https://www.youtube.com/watch?v=Y8HIFRPU6pM>

1. What is one of the first steps to living a healthier lifestyle according to the video?

- a. Hiring a personal trainer
- b. Going for a 30-minute walk every day
- c. Spending thousands on a private chef
- d. Avoiding all junk food

2. What benefit does walking outside provide?

- a. It increases cortisol levels
- b. It can lower stress
- c. It makes you feel more tired
- d. It has no effect on happiness

3. What simple dietary change is suggested in the video?

- a. Eating only fruits
- b. Giving up one junk food a week
- c. Eating more meat
- d. Skipping breakfast entirely

4. Which hormone is mentioned as being increased by certain foods and lifestyle choices?

- a. Testosterone
- b. Cortisol
- c. Dopamine
- d. Adrenaline

5. What is the overall message of the video regarding mental health?

- a. It is less important than physical health
- b. It can be improved by changing diet and lifestyle
- c. Mental health does not affect physical health
- d. Only medication can help improve mental health

Answer Key:

1. b 0:15
2. b 0:43
3. b 1:17
4. c 2:04
5. b 1:38