



Extra question: which thing is most important for health of older people?

CAE Speaking Part 3 Useful Phrases

Exercising	Diet	Sleep	Job	Hobby
<ul style="list-style-type: none">– Even briefs period of physical activity are proven to improve both one's health and mood, provided they are done regularly– Exercising in the morning energises you for the rest of the day, which contributes to overall well-being	<ul style="list-style-type: none">– A balanced diet helps one avoid and overcome many illnesses– On the contrary, poor choice of food can be a cause to numerous conditions related to stomach and digestive system– Nutritious diet rich in vitamins also helps to be in a good, cheerful mood	<ul style="list-style-type: none">– Maintaining a regular sleep cycle is vital for people's physical and mental health– Sticking to natural circadian rhythm ensures maximal productivity– Another easy way to guarantee optimistic mood is to get enough bedtime.	<ul style="list-style-type: none">– A job that brings joy as well as puts bread on the table is probably everybody's dream– Having a job creates a sense of purpose– Job offers different social context, introducing you to new people both in the form of colleagues and clients. This is known to have beneficial effect on health	<ul style="list-style-type: none">– A hobby is a nice way to introduce some variety to your life routine– It is a great way to relieve stress – one of the main reasons for poor health for people in their thirties and older