

# Super English

Level 5 - Unit 17  
Health - Lesson 4





Vocabulary

# Health - Vocabulary



**curve:** to move in the direction of a line that turns and has no straight parts (v); a line that bends and has no straight parts (n)



There car **curves** around the **curves** in the road.



# Health - Vocabulary



**flow:** (esp. of liquids, gases, or electricity) to move in one direction, esp. continuously and easily (v)



The lava **flowed** down the mountain after the volcano erupted.

# Health - Vocabulary



**swell:** to become larger and rounder than usual (v)



His eye started to **swell** after he fell and hit it against the table.

# Health - Vocabulary



**solution:** the answer to a problem (n)



The **solution** to your weight problem is eating healthy and exercising.





Let's  
Read!

# Bad Affects of Sitting



We all love to take some rest, and why not? Sitting after hours of physical activities such as exercise, playing, and walking helps to recover lost muscle and reduce stress. But the world has changed, and people spend more time sitting in one place than ever before. This is something our bodies are not meant to do. In fact, the human body has evolved over time to move, not stay still. The human body has over 360 joints and about 700 skeletal muscles that allow smooth, flexible movement. Our skin can stretch, and our nerves and blood circulation depend on our physical movement. All of this clearly shows that we are created to move.





# Bad Affects of Sitting



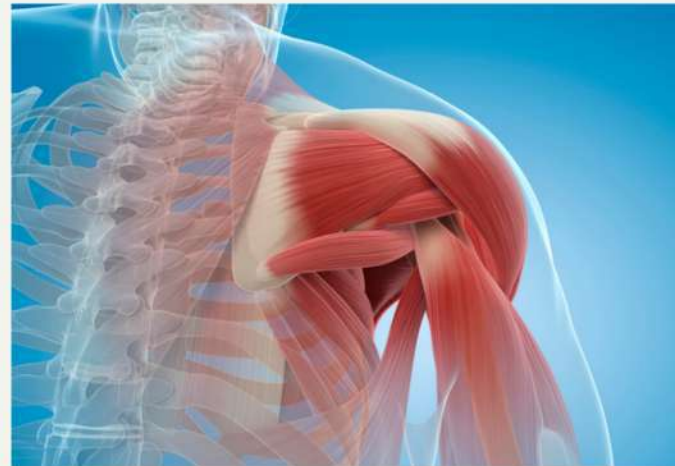
So what happens when we don't move around a lot during the day? Well, let's start with the spine. Your spine (backbone) is made up of many small bones, cartilage, and joints. As we sit for a long time, it **curves** our spine and puts pressure on many of these joints. It also shrinks the chest cavity, which holds your heart and lungs. This decreases the amount of oxygen you are taking into your lungs, so your blood has less oxygen to carry to the rest of your body.

# Bad Affects of Sitting



Another problem is that your bones are surrounded by soft tissue made of nerves and muscles. Sitting for a longer period can put a lot of pressure on these tissues and reduces blood **flow**, which can cause damage to them, leading to **swelling** and numbness.

Long periods of sitting also stop the production of fat-fighting enzymes that our body produces. These enzymes are supposed to break down fats in our blood, so when they aren't working, we gain more fat.





# Bad Affects of Sitting



Your body isn't the only thing that gets harmed by sitting too much. It hurts your brain as well. We usually sit for a long time to study and focus on our work or homework, but sitting for a long time can make it more difficult to focus on these things. Sitting reduces blood flow and oxygen to the brain. The brain needs both of these things to stay alert, so without them, our brain activity slows down, and thus our ability to focus and think clearly gets lower. In addition to these problems, sitting too much has been shown to cause other major health problems as well.



# Bad Affects of Sitting



Luckily, for this big problem, we have an easy **solution**. Always try to sit with a straight spine. Make sure to move around as much as you can and get up to move around every 30 minutes. And the best thing is to stay away from your phones, tablets, and other electronics as much as possible and play outside with your friends or go for walks with family and pets. Try to get at least 150 minutes of physical activity every week. Also, it is best to do exercises that work your muscles at least 2 days a week.





Let's do  
Grammar!

# As ... as + possibility

We often use expressions of possibility or ability after **as adjective(n) as**.

1. I will clean up **as best as** possible.
2. Please take **as many as** you can carry.
3. Please finish **as quickly as** you can.







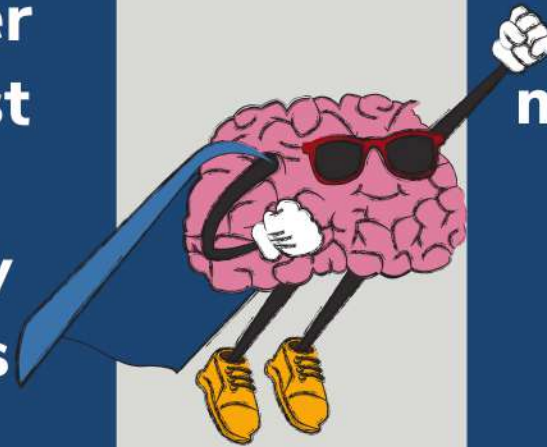
Phonics

# Phonics



**Prefixes:** **micro** = small  
**macro** = large

**micromanager**  
**microbiologist**  
**microbiotics**  
**microsurgery**  
**microphysics**  
**microfabric**  
**microbrewery**



**macrocosm**  
**macroeconomics**  
**macroporous**  
**macrofossil**  
**macroscopic**  
**macrosystem**  
**macrohistory**



# Super English

See you  
Next time!

