



TOPIC MIND MAP :

2. HEALTH AND FITNESS

Aptis General

TOPIC MIND MAP :
HEALTH AND ILLNESS

You should:

- Walk
- Eat healthy food
- Cut down on salt and sugar
- Have a good night's sleep
- Give up smoking
- Do physical exercise
- Stay slim

You ought to:

- Eat more fruit and vegetables
- Eat a wide range of foods
- Have a balanced diet
- Keep an eye on cholesterol
- Drink plenty of water
- Relax
- Take things easy
- Be active

HAVE:

- A headache
- A stomach ache
- A back ache
- A sore throat
- A cold
- The flu
- Allergies
- Skin rashes
- A cough
- A temperature
- A heart attack
- Painful joints

You might:

- Be hurt
- Get injured
- Have a pain in your ...
- Suffer from...
- Lose consciousness
- Break a bone
- Catch a cold
- Have an accident
- Sprain your ankle
- Pull a muscle

Sport:

- Brings discipline
- Reduce stress
- Develops self-esteem
- Lowers the chances of illness.

It makes you feel:

- Better
- Energetic
- Happy

It helps you :

- socialise
- Stay fit
- Relax/unwind
- Lose weight
- Sleep better

It improves your:

- Mood
- Fitness
- Muscle tone
- Mental health

TOPIC MIND MAP : SPORT AND HEALTHY LIFE

Sports stuff:

- Track
- Court
- Field
- Pitch
- Golf course
- Ice rink
- Ring
- Referee
- Spectators
- Paddle
- Helmet
- Board
- Golf club
- Racket
- Skates
- Bat

Do:

- Gymnastics
- Karate
- Yoga
- Athletics
- Archery
- Boxing
- Judo
- aerobics

Play:

- Football
- Tennis
- Rugby
- basketball

Go:

- Jogging
- Swimming
- Cycling
- Sailing
- Snowboarding
- surfing