



# Learn English: Health and Wellness with Mixed Conditionals

## Reading Comprehension

Obesity, cancer, and stress. If you haven't experienced one of these common health problems, you might know of someone who has. Getting the right treatment is important when treating any health issue, but there are ways you can prevent them before they even start. Here are some tips that can help you become a healthier person. Remember, if you value yourself and your body, following these tips will be easier.

### 1. Don't drink or smoke

Smoking causes heart disease, lung disease, and cancer. Alcohol also causes cancer, and it can lead to high blood pressure and liver disease. The key point: If you don't drink or smoke, don't start! If you do, get the support you need to help you quit.

### 2. Eat healthy foods

Only one in ten adults eats the recommended amount of fruits and vegetables every day according to CDC estimates. Healthy food choices can reduce your risk of heart disease, certain cancers, and weight gain. Maintaining a healthy weight will have a positive impact on your mood and can also reduce stress.

### 3. Be active

The CDC recommends 150 minutes of exercise per week to help control your weight, reduce your risk of heart disease, and improve your mental health. There are easy ways you can be more active every day, such as taking the stairs instead of the elevator and walking rather than driving to nearby places.

Start by setting realistic goals for yourself, and take the first step towards a healthier body and mind. If you had started yesterday, you would be on your way to a healthy lifestyle today!

*(Adapted from Top 4 Tips to Prevent Chronic Diseases, 2022)*