**听力填词复述精讲精练 2020.3**

学校： 姓名： 班级：

**拓展任务：朗读文章，收录和积累本文中的重要词汇、短语、句式，丰富自身储备。**

**Six rules for a safe and healthy life**

Thanks to improvements in both health care and personal safety, most people are living healthier, longer lives. Someone who is born today can expect to live 25 years longer than someone who was born in the 19th century. It’s even thought that in the future more and more people will celebrate their hundredth birthday. Here are six rules for a healthy life.

**Be careful! It’s dangerous out there!**

We all know that we shouldn’t run across the road in front of the oncoming traffic, or cycle too close to cars. But we’re not sure about how to stay safe in the countryside. When you’re out walking, you should always go with someone, and tell your parents where you are planning to go. Remember! Climbing may also mean falling—what goes up must come down. Safety rules and advice are there to help you, not to make life less fun.

**Don’t be a couch potato!**

Sure, it’s comfortable to sit on the couch and watch. But experts say you should walk at least 10,000 steps every day to keep fit. In the past, people’s jobs required more physical effort. When farmers were working in the fields, they were keeping fit at the same time. Think about it: do you get the same amount of exercise today as they did in the past?

**Watch your diet!**

It’s important to eat plenty of the right things, above all, fruit, vegetables, and to see fast food or sweets as something very special—maybe just now and then. The wrong diet means you will put on weight, one of the fastest ways to an unhealthy life.

**Rest up while you can!**

When we were babies, we slept for much of the day—if our parents were lucky! Teenagers don’t need as much sleep but it’s important to get about eight hours’ sleep. At weekends, you’ve got more time, so use it not just for your friends, but for rest, too.

**Don’t worry. Be happy!**

 Many doctors believe that happiness is important for our general health. If you’re worried about something, talk to your parents or your teacher.

**Say no… to smoking and drugs!**

Yes, you knew I was going to say this! But it’s so important. More teenagers damage their health through smoking and taking drugs than any other dangers. Think about the effect on your family and friends, and think about its effect on you and your health.