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Health mistakes that everyone makes

Our everyday routines affect our health. Some surprising things that we do can have very bad effects on us. Do you make any of these health mistakes?

Health mistake 1: Driving with the windows down

When the weather is good, it's very comfortable to drive with the windows down. But when we do this, we breathe in the harmful pollutants emitted by cars. In the city, it's even more unhealthy to drive with the windows down.

Health mistake 2: Carrying a heavy handbag

What do you have in your bag? Makeup, tissues, baby wipes, phone, purse, keys, camera, iPod, book....? Do you really need all this stuff? Carrying a heavy bag can damage your health by causing back spasms, neck problems, arthritis, and poor posture. Spring clean your handbags and manbags, and don't carry unnecessary items.

Health mistake 3: Spending too long exercising

Usually we think that more exercise is better for us. But too much exercise can be bad for our bodies. Excessive exercise can lead to hormonal changes, weight gain, a weaker immune system, muscle damage, and knee, foot, or back problems. It's important to exercise, but don't do too much.

Health mistake 4: Not sleeping enough

Even if you exercise, eat healthily and relax, you also need to sleep. People who skip sleep have a much higher risk of stroke and heart disease.

Health mistake 5: Silent worrying

Stress can be positive in helping to keep you alert, but too much stress can be bad for your health. Worrying causes headaches, high blood pressure, an upset stomach, chest pain, and sleep loss. It's natural to worry sometimes, but panicking too much about small things is dangerous.

Health mistake 6: Forgetting to floss

Many of us don't floss. But plaque between the teeth can be more serious than you may think.

If the bacteria finds its way into the blood stream, it can increase the risk of heart disease, stroke and cancer. It's recommended that you floss at least once a day to stop your teeth from being weakened by plaque.

Health mistake 7: Skipping breakfast

Skipping your breakfast is like driving a car with a low tank of fuel – it will feel fine to start, but will eventually slow down. You will feel less active and sluggish - skipping breakfast is linked with a higher risk of diabetes and obesity. Your body stores up more fat to use as fuel through the rest of the day. Eat breakfast to feel happier and healthier.

Questions

1. What do you think about each of these unhealthy habits? Are they important?
2. Which of these health mistakes do you make? Why?
3. What other bad health habits can you think of?
4. Do you carry a bag? If so, is it heavy? What's in it? Do you think there are too many things in it?
5. Have you ever done too much exercise? How did you feel?
6. Do you floss? If not, why not?
7. How often do you eat breakfast? What's the best "fuel" for a long day?

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