Pre-Reading Discussion: How do you stay healthy? Is physical activity a part of your day? Do you usually eat healthy foods?

This passage is about a health-conscious guy named Jim. As you read, see if you can list Jim's habits that promote getting and staying healthy.

Jim looked good. He felt good. Jim felt strong. He took care of himself. He almost never got sick. He had a lot of energy.

Jim tried to eat good food. He did not eat much junk food. He ate three healthy meals a day. After meals he brushed his teeth. He used floss.

Jim liked to stay fit. He liked to walk for 30 minutes a day. He put sun block on his skin so it would not burn.

Jim was not always like this. He used to smoke. He used to skip meals. He used to eat at fast food places a lot. The only thing he did to relax was watch TV. His favorite form of exercise was drinking beer. He was a real "couch potato." He had put on ten or fifteen extra pounds. He used to get sick a lot. He never went to the doctor unless he had the flu.

Then one day he just decided to quit smoking. He quit "cold turkey." He started walking after lunch. He could not go very far. He was so out of shape. But

pretty soon he was walking right past the fast food restaurants. He didn't stop to go in. He brought healthy lunches and snacks to work. He gave up soft drinks and started to drink more water.

Everyone started to notice the change in Jim.

"Wow, Jim! You're looking good," they said.
"What's your secret?"

Jim smiled when he heard that. There was no secret.

Now when Jim goes for his yearly checkup, the doctor says his blood pressure and weight are very good. Jim feels like there is less stress in his life since he started taking the time to look after his health.

<u>Questions for Discussion</u>:

Can you list all of Jim's healthy habits? How do they compare to your habits?

Whom do you consider to be the healthiest person you know? What do they do to stay healthy?

Why do you think Jim made such a big change in his life?