

HEALTH AND FITNESS

HEALTH AND FITNESS (AT THE DOCTOR'S)

I try to lead a healthy way of life. I eat healthy food, little fat and sugar and lots of vegetables and fruit. I go to the gym regularly and swim at least once a week. Sport keeps you healthy both mentally and physically. Keeping fit protects you from several diseases.

Last time I was ill in November, I had a flu with a sore throat and high temperature, I coughed all day and night, and my nose was running. I also lost my appetite. The doctor examined me thoroughly. She sounded my lungs, looked at my throat and took my blood pressure. She prescribed some antibiotics and vitamins. She told me to stay in bed for some days and drink a lot of tea. My mother brought me the medicines from the chemist's. Finally, it took a week to recover, but I felt very weak afterwards.

Two years ago I was in hospital, because I had appendicitis. I felt sick, had a horrible pain in my stomach and vomited. I went to the GP who sent me to the hospital and I had an operation. I woke up in a ward, in a room with three other patients. The nurses took our temperature and made our beds. My friends and relatives visited me in the afternoon. Three days after the operation, the stitches were removed, and I was allowed to go home after two more days.

Last month I had an accident with my bicycle and I broke my arm. My mum drove me to the hospital and my arm was X-rayed and put in plaster. Some weeks later I had to go back to get the cast removed.

I think people should go to the dentist twice a year to have their teeth checked, and of course whenever they have a toothache. Braces are a set of wires you wear on your teeth to push them into the correct position.

If you have problems with your eyesight, you should see the optician. He shows you numbers and letters on a big board. He put drops in your eyes to make your pupils bigger and examines your eyes thoroughly. If your eyesight is not adequate, he prescribes glasses.

To be healthy you should eat healthy food, exercise regularly and try to avoid stress. I think diets can be useful but they can be dangerous if the food is too one-sided and people take it to extremes.