

In The Name of God

English in Physical Health and Lifestyle

Azadeh Naderi

*Department of Physical Exercise and Sport Science, National
University of Skill, Tehran, Iran.*

Hojjatollah Siavoshy

*Department of Sport Sciences, Faculty of Humanities, University
College of Omran_Toseeh, Hamadan, Iran.*

April 2025

- سرشناسه : نادری، آزاده، ۱۳۷۰ -
-Naderi, Azadeh, 1991
عنوان و نام پدیدآور : English in Physical Health and Lifestyle [Book]/
Azadeh Naderi, Hojjatollah Siavoshy.
مشخصات نشر : همدان: انتشارات مفتون همدانی، ۱۴۰۴=۲۰۲۵م
مشخصات ظاهری : ۶۴ ص.: جدول؛ ۲۱×۱۴ س.م.
شابک : ۹۷۸-۶۲۲-۷۸۷۶-۴۴-۴
وضعیت فهرست‌نویسی : فیپا
یادداشت : زبان: انگلیسی.
آوانویسی عنوان : انگلیش ...
موضوع : زبان انگلیسی — کتاب‌های قرائت — بهداشت خانواده
موضوع : English Language -- Readers -- Family -- Health and Hygiene
موضوع : زبان انگلیسی — راهنمای آموزشی (عالی)
موضوع : English Language -- Study and Teaching (Higher)
شناسه افزوده : سیاوشی، حجت‌اله، ۱۳۶۲ -
شناسه افزوده : -Siavoshy, Hojjatollah 1983
رده‌بندی کنگره : PE۱۱۲۷
رده‌بندی دیویی : ۴۲۸/۶۴۰۲۴۶۱۳
شماره کتابشناسی ملی : ۱۰۰۴۱۸۰۰
اطلاعات رکورد کتابشناسی : فیپا



عنوان کتاب: English in Physical Health and Lifestyle

تألیف: آزاده نادری، حجت‌اله سیاوشی

ناشر: انتشارات مفتون همدانی

قطع: رقعی

نوبت چاپ: یکم - ۱۴۰۴

تیراژ: ۱۰۰۰ نسخه

قیمت: ۱۲۰۰۰۰۰ ریال

همدان - آرامگاه بوعلی سینا همدان - پاساژ بوعلی سینا. تلفن: ۰۸۱-۳۲۵۲۰۵۹۶

«حق چاپ محفوظ و مخصوص مؤلف است»

Preface

Dear reader,

What is before you and what led us to write this book was our concern for students to become familiar with physical education texts in English. Writing this book has been a great challenge and a pleasure for us; a challenge that sometimes took us beyond the boundaries of our knowledge and the pleasure we gained from accompanying this educational and creative process.

Every book can be a mirror of the concerns, successes, and even shortcomings of its author. This book is undoubtedly no exception. Perhaps, while studying some sections, you will encounter weaknesses or questions that you have not found the answers to. Still, our heartfelt wish is that our enthusiasm and sincerity of intention as authors are evident throughout this work and that we can make a small contribution to improving your language knowledge.

We invite you, dear reader, to share your valuable criticism and comments with us, because we believe that each of your comments can be an effective step for the improvement and development of this work and future works. If, during the reading, a line made you think, gave you an inspiring sentence, or even added a new perspective to your experiences, we accept that we have been given a great honor.

Once again, we thank you for your support and attention and hope that this book can open a new path in your thoughts and experiences.

With best wishes,

Azadeh Naderi, Hojjatollah Siavoshy
Naderiazadeh8@gmail.com, Seiavoshy@gmail.com

Table of Contents

Lesson 1	8
Both men and women are living longer	8
Practice 1	9
True or false	9
Practice 2	10
Insert the correct word in blanks	10
Lesson 2	10
Heart disease	10
Practice 1	11
True or false	11
Practice 2	12
Insert the correct word in blanks	12
Lesson 3	12
Several general changes occur in the human body	12
Practice 1	14
True or false	14
Practice 2	14
Insert the correct word in blanks	14
Lesson 4	15
In all societies, a section of the population is labeled	15
Practice 1	16
True or false	16
Practice 2	17
Insert the correct word in blanks	17
Lesson 5	17
Milk	17
Practice 1	18
True or false	18
Practice 2	19
Insert the correct word in blanks	19
Lesson 6	20
Physical education and fitness	20

Practice 1	21
True or false	21
Practice 2	22
Insert the correct word in blanks	22
Lesson 7	22
The importance of regular exercise for overall health	22
Practice 1	24
True or false	24
Practice 2	24
Insert the correct word in blanks	24
Lesson 8	25
The dangers of a sedentary lifestyle	25
Practice 1	26
True or false	26
Practice 2	26
Insert the correct word in blanks	26
Lesson 9	27
Balancing work and fitness: tips for a healthy lifestyle	27
Practice 1	28
True or false	28
Practice 2	29
Insert the correct word in blanks	29
Lesson 10	30
How nutrition affects physical and mental well-being	30
Practice 1	31
True or false	31
Practice 2	31
Insert the correct word in blanks	31
Lesson 11	32
The role of sleep in maintaining a healthy lifestyle	32
Practice 1	33
True or false	33
Practice 2	34

Insert the correct word in blanks	34
Lesson 12	34
Hydration and its impact on physical performance	34
Practice 1	36
True or false	36
Practice 2	36
Insert the correct word in blanks	36
Lesson 13	37
The benefits of strength training for longevity	37
Practice 1	38
True or false	38
Practice 2	39
Insert the correct word in blanks	39
Lesson 14	39
How stress management improves physical health	39
Practice 1	41
True or false	41
Practice 2	41
Insert the correct word in blanks	41
Lesson 15	42
The science of recovery	42
Practice 1	43
True or false	43
Practice 2	43
Insert the correct word in blanks	43
Lesson 16	44
Child labor	44
Practice 1	45
True or false	45
Practice 2	45
Insert the correct word in blanks	45
Lesson 17	46
Communicate in a true language	46

Practice 1	47
True or false	47
Practice 2	48
Insert the correct word in blanks	48
Lesson 18.....	49
Cooking	49
Practice 1	50
True or false	50
Practice 2	50
Insert the correct word in blanks	50
Lesson 19.....	51
Make friends with people	51
Practice 1	52
True or false	52
Practice 2	53
Insert the correct word in blanks	53
Lesson 20.....	53
Color can have a dramatic effect on our health	53
Practice 1	54
True or false	54
Practice 2	55
Insert the correct word in blanks	55