

Sleep, Eat, Move: The Three Keys to Good Health

Most doctors agree that three things are the most important for good health: sleep, food, and movement. These are not new ideas, but many people forget them in busy **modern** life. When you have a strong daily **routine**, your body knows what to expect. This makes it easier to feel good and stay healthy. Doctors **recommend** getting enough sleep, eating well, and moving your body every day. These three things work together. If you do all three, you will have more **energy** and feel better. A good **balance** between them is the key to a healthier life. It takes time, but small changes can make a big difference. Start with one change today.

Sleep is the first key to good health. When you sleep, your body does important **repair** work. It fixes muscles, cleans the brain, and prepares you for the next day. Most adults need seven to nine hours of **quality** sleep each night. Sleep happens in many stages. Each **stage** has a different purpose. The deepest stage is when your body works hardest to fix and restore itself. Poor sleep can **affect** your mood, your memory, and your ability to focus. A **lack** of sleep over time can lead to serious health problems. To sleep better, try going to bed at the same time every night. Keep your bedroom quiet and dark.

Food is the second key. What you eat gives your body the **nutrients** it needs to work well. Nutrients are things in food like vitamins and minerals that keep you healthy. One important nutrient is **protein**. It helps build and repair muscles. It is found in meat, fish, eggs, and beans. Fruits and vegetables give you vitamins and fiber. Try to eat different foods so your body gets everything it needs. Watch your **portion** sizes, too. Eating too much of any food can cause problems. Try to **avoid** foods with a lot of sugar or fat. Your body uses food to **produce** energy, and the right food helps it do this job well.

Movement is the third key. Getting **physical** activity helps your heart, your muscles, and your mind. You do not need to run a race or go to a gym. Even a short walk every day has real health **benefits**. Doctors suggest at least 30 minutes of **moderate** activity most days. Moderate means not too hard and not too easy — like a brisk walk or a gentle bike ride. Exercise helps **strengthen** your bones and muscles. It also improves **circulation**, which means it helps blood move more easily through your body. When your blood moves well, your organs work better and you feel more alive and alert.

Sleep, food, and movement also help your **mental** health. When you sleep well, eat well, and move regularly, you feel less stress and more joy. Studies show that exercise in particular has a powerful effect on mood. Being **consistent** is very important here. You do not have to be perfect. Missing one night of sleep or eating one unhealthy meal will not ruin your health. But when you make these three things part of your everyday life, your **overall well-being** improves steadily. Set a simple **goal** for yourself. Maybe it is going to bed 30 minutes earlier or taking a walk after dinner. Start small, and build from there.

Beyond the Headlines

Here is something that may surprise you. Scientists who study sleep made an interesting **discovery**: your body has a natural schedule called a circadian **rhythm**. This is like an internal clock that tells you when to sleep and when to wake up. Some research shows that the time you eat can also **shift** this clock. For example, eating late at night can confuse your body and affect your sleep quality. Athletes use this knowledge to improve their **performance**. They plan their meals and sleep carefully before a competition. Researchers even ran an **experiment** where they kept people in constant light for days. The result was that everyone felt confused about when to feel tired.

Vocabulary

Paragraph 1

modern (adj.)	(adj.) Of the present time; happening now, not in the past. <i>"Many people use smartphones in modern life."</i>
routine (n.)	(n.) A regular set of actions that you do at the same time each day. <i>"She has a morning routine that starts with exercise."</i>
recommend (v.)	(v.) To tell someone that something is good or useful for them. <i>"The doctor will recommend eating more vegetables."</i>
energy (n.)	(n.) The strength and ability to be active and do things. <i>"A good breakfast gives you energy for the day."</i>
balance (n.)	(n.) A situation where different things are given equal or correct attention. <i>"It is important to have a balance between work and rest."</i>

Paragraph 2

repair (n.)	(n.) The act of fixing something that is damaged or not working well. <i>"Sleep gives your body time for repair."</i>
quality (n.)	(n.) How good something is. <i>"Getting quality sleep helps you feel better the next day."</i>
stage (n.)	(n.) One part of a process that has several parts. <i>"The deepest stage of sleep is very important for health."</i>
affect (v.)	(v.) To have an influence on someone or something; to cause a change. <i>"Too much screen time can affect your sleep."</i>
lack (n.)	(n.) The state of not having enough of something. <i>"A lack of sleep can make it hard to think clearly."</i>

Paragraph 3

nutrients (n.)	(n.) Substances in food that your body needs to grow and stay healthy. <i>"Vegetables contain many important nutrients."</i>
protein (n.)	(n.) A substance found in food like meat and eggs that helps build and fix muscles. <i>"Eggs are a good source of protein for breakfast."</i>
portion (n.)	(n.) The amount of food that you eat at one time. <i>"Try to eat a smaller portion of rice at dinner."</i>
avoid (v.)	(v.) To stay away from something or choose not to do it. <i>"It is a good idea to avoid sugary drinks."</i>
produce (v.)	(v.) To make or create something. <i>"Your body uses food to produce the energy you need."</i>

Paragraph 4

physical (adj.)	(adj.) Related to the body and how it moves. <i>"Swimming is a great form of physical exercise."</i>
benefits (n.)	(n.) Good results or advantages that something gives you. <i>"Walking every day has many health benefits."</i>

moderate (adj.)	(adj.) Not too much and not too little; at a medium level. <i>“The doctor said moderate exercise is best for beginners.”</i>
strengthen (v.)	(v.) To make something stronger. <i>“Lifting weights can strengthen your arms and legs.”</i>
circulation (n.)	(n.) The movement of blood around the body. <i>“Exercise improves your circulation and helps your heart.”</i>

Paragraph 5

mental (adj.)	(adj.) Related to the mind and how you think and feel. <i>“Taking breaks during work is good for your mental health.”</i>
consistent (adj.)	(adj.) Doing the same thing regularly, without stopping or changing too much. <i>“Being consistent with exercise helps you see results.”</i>
overall (adj.)	(adj.) Including everything; thinking about all parts together. <i>“Her overall health improved after she changed her diet.”</i>
well-being (n.)	(n.) The state of being healthy and happy in body and mind. <i>“Good sleep is important for your well-being.”</i>
goal (n.)	(n.) Something you want to achieve or do in the future. <i>“His goal is to walk for 30 minutes every day.”</i>

Beyond the Headlines

discovery (n.)	(n.) Something new that someone finds or learns for the first time. <i>“The discovery changed how scientists think about sleep.”</i>
rhythm (n.)	(n.) A regular pattern that repeats at the same time or speed. <i>“Your body follows a natural rhythm of sleeping and waking.”</i>
shift (v.)	(v.) To change the position or timing of something. <i>“Eating at the wrong time can shift your body clock.”</i>
performance (n.)	(n.) How well a person does a task or activity. <i>“Good sleep can improve an athlete’s performance.”</i>
experiment (n.)	(n.) A test that scientists do to find out if something is true. <i>“The researchers did an experiment to study how light affects sleep.”</i>

Language Review

Exercise A — True or False

Read each statement. Write True or False on the line.

1. Sleep, food, and movement are the three most important things for good health. _____

2. Adults need five to six hours of sleep each night. _____

3. The deepest stage of sleep is when the body does its most important repair work. _____

4. Protein is found only in fruits and vegetables. _____

5. Doctors recommend at least 30 minutes of moderate activity most days. _____

6. You need to go to a gym to get enough physical activity. _____

7. Exercise can have a positive effect on your mood and mental health. _____

8. A circadian rhythm is your body's natural schedule for sleeping and waking. _____

Exercise B — Matching

Match each word in Column A with its meaning in Column B. Write the correct letter.

Column A	Column B
1. routine	a. the movement of blood around the body
2. nutrients	b. the state of being healthy and happy in body and mind
3. circulation	c. not too much and not too little; at a medium level
4. moderate	d. a regular set of actions done at the same time each day
5. well-being	e. substances in food your body needs to grow and stay healthy
6. portion	f. doing the same thing regularly, without changing too much
7. consistent	g. a regular pattern that repeats at the same time or speed
8. rhythm	h. the amount of food you eat at one time

Exercise C — Multiple Choice

Choose the best answer (a, b, c, or d) for each question.

1. According to the article, what are the three keys to good health?

- a. Medicine, exercise, and rest
 - b. Sleep, food, and movement
 - c. Water, vitamins, and sunlight
 - d. Diet, stress, and happiness
2. How many hours of sleep do most adults need each night?
- a. Five to six hours
 - b. Six to seven hours
 - c. Seven to nine hours
 - d. Ten to twelve hours
3. What does the body do during the deepest stage of sleep?
- a. It produces energy from food
 - b. It does important repair work
 - c. It improves circulation
 - d. It balances your mood
4. Which of these foods is a good source of protein?
- a. Rice and pasta
 - b. Sugar and salt
 - c. Meat, fish, and eggs
 - d. Oil and butter
5. What does "moderate" activity mean in the article?
- a. Very hard and fast exercise
 - b. Lying down and resting
 - c. Not too hard and not too easy
 - d. Running a race or going to a gym
6. What does circulation mean?
- a. The food you eat each day
 - b. The movement of blood through the body
 - c. The stages of sleep
 - d. The number of hours you exercise
7. What is a circadian rhythm?
- a. A type of exercise routine
 - b. A special kind of food nutrient
 - c. The body's natural schedule for sleeping and waking
 - d. A test that scientists do in a lab
8. What did the research experiment about constant light show?
- a. People slept better with more light
 - b. Athletes performed better in the light
 - c. People felt confused about when to feel tired
 - d. Light has no effect on the body's clock

Exercise D — Discussion Questions

Talk about these questions with a partner or in a small group.

1. How many hours of sleep do you usually get? Do you think it is enough? Why or why not?
2. What do you eat for breakfast? Do you think it is healthy? What would you change?
3. How much physical activity do you get each week? What is your favorite way to move your body?
4. Do you think sleep, food, or movement is the most important for health? Tell your partner why.
5. What is one healthy goal you would like to set for yourself? How will you start?