Introduction:

Divide the words form the list into two groups: physical health – mental health

* trust, exercise, burn calories, self-esteem, expressing emotions, communication, healthy food, sports, walking, mindful breathing, memory games, fitness

EXPLAIN YOUR CHOICES.

Reading comprehension:

Read the text and check your ideas.

The Benefits of Hobbies for Physical and Mental Health

In today's fast-moving world, it is **essential** to find ways to take care of both our physical and mental health. Having a hobby is an effective and enjoyable way of achieving this goal. Hobbies offer numerous benefits that can **improve** our well-being.

Firstly, hobbies are good for physical health. Many hobbies involve physical activity, which is important for keeping a healthy body. For instance, sports like jogging, cycling, or swimming require physical movement that strengthens our muscles and cardiovascular system. **Engaging** in such activities regularly can help **reduce** the risk of heart disease, obesity, and other health issues. Even hobbies that are less physically demanding, like gardening or dancing, can help improve flexibility, balance, and coordination. In this way, hobbies help our overall physical fitness.

Secondly, hobbies can also have **a positive impact** on mental health. They **provide** an opportunity to relax by reducing stress and anxiety. When we are into a hobby, we often forget about our worries and focus on the task at hand. This mental break can be incredibly relaxing. For example, people who enjoy painting or drawing often describe the process as therapeutic, allowing them to express their emotions and clear their minds. Additionally, hobbies offer a sense of accomplishment and satisfaction, **boosting** self-esteem and self-confidence.

Furthermore, hobbies can develop social **well-being**. Many hobbies are social activities that provide opportunities for people to connect with others who share similar interests. This social interaction is essential for mental health because it reduces feelings of loneliness and isolation. Joining a sports team, a book club, or a dance class **enables** individuals to build new friendships and strengthen existing ones. These social connections can provide emotional support and a sense of belonging. This improves mental well-being.

In addition, hobbies can improve cognitive function. They often include problem-solving skills, creativity, and focus, all of which stimulate the brain. For example, working on puzzles, playing musical instruments or engaging in strategic games like chess can sharpen cognitive abilities and improve memory. These mental challenges keep the mind active and can even help prevent cognitive decline in later years.

In conclusion, having a hobby is beneficial for physical and mental health. Hobbies provide opportunities for physical activity, relaxation, and stress reduction and improve our physical well-being. They also offer social connections, boost self-esteem and improve cognitive function, which promote better mental health. Therefore, it is essential for individuals to find hobbies they enjoy because they will have a healthier and more fulfilling life.

After reading tasks:

1 Find the words meaning:

1. Make something better
2. Give
3. Help to create something greater
4. Doing an activity with interest and be a part of it
5. Make something smaller
6. Benefit
7. Health
8. Can make
9. Important

2 Look at the form of the essay. Discuss the form and find a patter for writing an argumentative essay.

3 Which words are connectors of ideas and text? Make a list of them.