

Week 8 – Unit 9 – Body and Mind: Health and Fitness – going back to nature (paleo) – Introductory video – Video script

Šárka: Hi Markéta. You look good today. Recently you've looked very happy. How do you do that?

Markéta: Hi Šárka. Thank you very much. Well, two months ago, you know, I changed my diet and for those two months I've been eating a lot of fresh vegetables, some nuts and then more natural food.

Šárka: Oh, it sounds like you've gone paleo. You know it's a new trend that I read about in the textbook for your course.

Markéta: OK, so what is this diet about?

Šárka: You know, the, you know I think the idea is that if you eat like prehistoric people, you'll be healthier.

Markéta: OK.

Šárka: And ... yeah, let's take a look. So they say, they say that many of today's diseases are caused by our diet, by the way we eat and how we eat.

Markéta: You mean like for example ...

Šárka: What we eat, actually.

Markéta: So do you mean like for example diabetes? I mean today we eat much more sugar than people 40,000 years ago, right.

Šárka: Yes, yes, for example. And the article even says that if you eat paleo diet and if you move like prehistoric people, you'll be happier.

Markéta: Wait a minute. Move like a prehistoric person. What does that mean?

Šárka: Let's take a look.

Markéta: OK.

Šárka: So, it says, do plenty of gentle exercise, like walking, cycling and swimming. And only do intense activity like weightlifting and fast running occasionally. It means from time to time.

Markéta: OK, that's doable. And I don't like going to the gym anyways.

Šárka: And you know the article also says, and I think it might be interesting for our students, that you should reduce your stress level. But how can you do that?

Markéta: Well, you just have to take it easy, you know. And do not spend too much time indoors, because going outside is really good because you can have, you know, really good time with your loved ones, with your friends, and also get some sunshine when you go outside.

Šárka: You are right. They say that if you don't get some sunshine regularly, you might be depressed.

Markéta: And what do you do to stay fit?

Šárka: You know, I make sure to exercise every day and if I don't have time for a run or to take a yoga class, I make sure to take a walk from work, from the office to walk to the office and back home. And because I also know that if I don't move my body, I get grumpy, I'm in a bad mood.

Markéta: Yes, well, it was nice talking to you but sorry, I have to go now because I have to catch my train because I'm visiting my family.

Šárka: Sure, sure. But call me when you get there because you know, we have to discuss the project, right.

Markéta: Sure, sure, I will, don't worry, bye.

Šárka: Have a good trip. Bye.

Markéta: Thank you, bye.