

## Lesson 30 (Thirtieth Lesson)

Keep learning › stay safe and healthy.

We often talking about having a healthy life. What is healthy life? There might be various saying. We might explain that health includes:

- 1, Harmonious, it is to say, we'll have a concordant family, have an agreeable relationship with others, have a balanced of work and relaxing, food and have a harmonious mood within ourselves.
- 2, Exercises, that means, we'll do exercises (workout) regularly and properly to keep our body active.
- 3, Associate, that implies, we should have good social connection with others to share our ideas and release our depresses.
- 4, Leisure, that refers to, we should have enough relaxation that does good to our health.
- 5, Tolerant, that is, we do not count each coin in our life but forgive others, either they are in error or careless mistake.
- 6, Hopeful, keep in mind, if you are full of hope, you'll live happier, if you are always worrying about the future that would certainly affect your health.

What is more, learning can help us with health. As you know, learning keeps your brain working and active, that will NOT affect your health but help your brain and other organs, Scientists studies show, learning something, including learning science, literature, athlete, painting, calligraphy, whatever, it will help you build up your confidence and desire, that is a positive recycle. By learning we can have better understanding to have a health life, including as above food balance, properly exercises, mood control to depress stress, what is more, by learning, we learn to share our idea with others and release our stress in a positive way. Scientists also found by learning is a good exercise for our brain, that the more they learn, the less they might suffer from Alzheimer in old age, the percentage to get Alzheimer is lower than those who lie flat by 30%.

Let's keep learning and stay safe and healthy, and we can do!

### Questions and answers”

- How do you understand by saying a harmonious life?
- Does workout help our health?
- Do you workout regularly and find it helpful?
- Why do we have to associate with others?
- Is “leisure” very important to our health?
- Is there any difference between “leisure” and “lie flat”?
- Why do we say “tolerant” helps our health?
- Do you think your life currently is hopeful?
- How to release your stresses?
- Are you interested in learning?
- What is your best interest in learning?
- Do you believe that learning benefits us with our health?
- How do you understand that “Live and learn”?
- Do you have any other ideas to stay safe and healthy besides what were mentioned in the text? If yes, please share with us.
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