

- Cooper: So, Cleri, as I get older, I'm wondering what things I can do to stay healthy.
- Cleri: Okay. **Because of your age** and **because of anybody's age**, the older they get, the more careful they have to be about their diet and the exercise they take.
- Cooper: Well, the problem is, **because of my back**, I can't do every kind of exercise. What can I do to protect my back?
- Cleri: Okay. **Because of your back**, you have to be very careful not to lift heavy things.
- Cooper: Even outside of the gym?
- Cleri: Even outside of the gym. Things like lifting shopping bags. **Because of their weight**, you should avoid lifting anything which is heavier than one kilo.
- Cooper: To change the subject back to nutrition, what kind of food should I avoid?
- Cleri: Okay. **Because of their high fat and sugar content**, you should avoid anything which is like crisps, chips, biscuits, cakes ...
- Cooper: Is there anything sweet that's good to eat for your nutrition?
- Cleri: I think so. I think **because of its high nutritional value** and its high vitamin content, honey is very good for you, even though it is sweet.
- Cooper: What about fruit? Because, for example, I like strawberries, I also like orange juice, and sometimes I think: "That has a lot of sugar".
- Cleri: Orange juice on its own is worse than actually eating oranges, because the juice contains a lot of sugar and **because of the sugar** it contains, it's bad for you.
- Cooper: And are strawberries bad for you?
- Cleri: No, they are not. They are good for you.
- Cooper: But don't they have sugar?
- Cleri: Yeah, but don't make them into a juice. Just eat them as they are.
- Cooper: Okay, thanks Cleri for your advice about staying healthy!