



DIEGO SALAS

@DiegoS

Do you sleep on your stomach?
You should read this post!

1 BEFORE YOU WRITE

- A** Read the answer to the discussion board question. What problem is Diego reading about?

The Patient Place

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Home

Health Information

Doctors

Questions

colds

headaches

sore throat

stomach problems,

back problems

My back hurts a lot these days. I try to stay healthy, but nothing seems to help. Does anyone have any good advice? Help!

Miguel S April 2

Many people have this problem. You can do different things that can help. For example, you should do exercises that make your stomach muscles stronger. Strong stomach muscles mean that your back muscles don't have to work hard. However, you should not do exercises, like standing and touching your feet, that stress your back. Think about how you can avoid stress on your back. For example, always use your leg and stomach muscles when you pick up heavy things. Don't use your back muscles. Also, you should sleep on your back or your side, not on your stomach. Sleeping on your stomach is bad for your neck, back, and shoulders. Finally, for people who sit all day in front of a computer, here is some advice: Get up and walk around every 30 minutes. This will make your back feel better.

Leave a Reply

Enter your comment here...

Do you like this answer? 😊 (33) ☹️ (4)

- B** Read the post again. Take notes about how to make your back feel better. Write four things you should do and four things you shouldn't do.

DOs	DON'Ts
You should sleep on your back.	

- C PAIRS** Look at the chart in 1B. Which of the things do you do? Which things don't you do? Are there any things that you want to change?
- I sleep on my stomach. I want to change that! I should sleep on my side.

2 FOCUS ON WRITING

- A** Read the Writing Skill.
- B** Read the post again. Circle *for example* and *like*. Underline the examples that follow.

WRITING SKILL Give examples with *for example* and *like*

Use *for example* or *like* to introduce examples. *For example* works well to introduce examples at the beginning of sentences. Use a comma after *for example*.

- Rest is often the best remedy. *For example*, if you hurt your back or get a headache, you should just lie down for a little while.

Like works well to introduce examples in the middle or at the end of sentences. Don't use full sentences after *like*.

- Cold remedies *like* tea with lemon and soup never really work for me.

3 PLAN YOUR WRITING

- A** Choose a cold, a sore throat, or the flu. What should you do to get better? What shouldn't you do? Write notes.

DOs	DON'Ts

- B PAIRS** Give your partner some advice about remedies for a cold, a sore throat, or the flu.
When you have a cold, you should wear warm clothes.

4 WRITE

Write a discussion board post about what you should do and shouldn't do when you have a cold, a sore throat, or the flu. Remember to use examples with *like* or *for example*. Use the post in 1A as a model.

5 REVISE YOUR WRITING

- A PAIRS** Exchange posts and read your partner's post.
1. Did your partner give advice about what you should and shouldn't do for a cold, a sore throat, or the flu?
 2. Did your partner introduce examples correctly with *like* or *for example*?
- B PAIRS** Can your partner improve his or her post? Make suggestions.

6 PROOFREAD

Read your post again. Can you improve your writing?

Check your

- spelling
- punctuation
- capitalization