



Agentúra  
Ministerstva školstva, vedy, výskumu a športu SR  
pre štrukturálne fondy EÚ



## Body clocks

## Biorytmus ľudského tela

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# Body clocks

## Slovná zásoba

certain - určitý

hormone - hormón

melatonin - melatonín

produce - produkovať

reason - dôvod

different - rozličný

rise - stúpať

fall - klesať

snack - malá dávka jedla, desiata

reduce - zmierniť

memory- pamäť

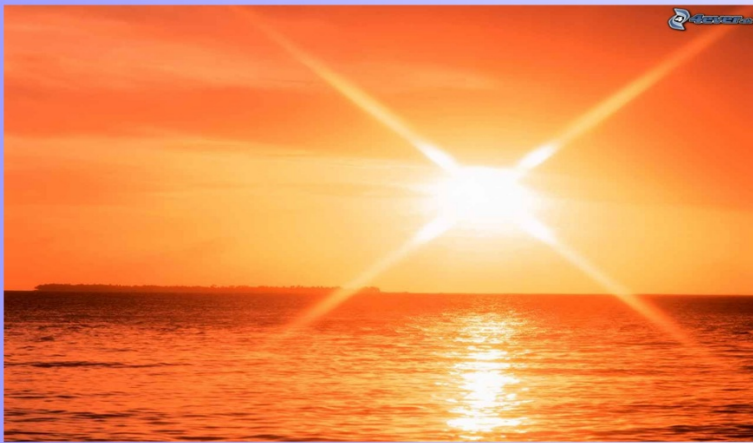
brain - mozog

alert - ostražitý, byť v strehu

get dark - stmievať sa

depressed - deprimovaný

**7 am:**



**When the sun comes up, light hits your brain switches off the sleep hormone.**

**Your temperature rises and you wake up. This is good time to go jogging.**

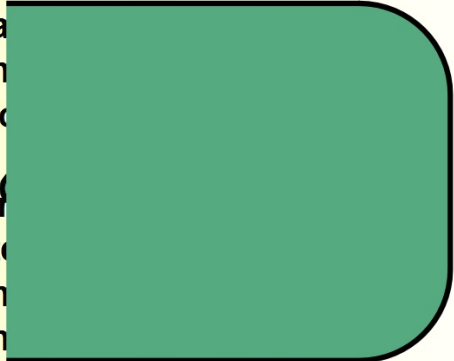
**Exercise produces adrenalin, will make you more alert through the day.**





**8 am:**

**Breakfast is the most important meal of the day. It gives you energy for the morning. However, you shouldn't eat too much of this time. It's converted into energy very quickly, so you're hungry again about an hour later. It's better to eat a more balanced meal with protein, fibre, and a little carbohydrate.**



**9-11 am:**



Your mind is most alert in the morning because you have a high level of energy and your stress level is low.

This is the best time for most people to do their work.

20 percent

11 am:



Your brain has used about 20 percent of your body's energy by 11 am. You need a snack.

Good snacks for energy are fruit, such as apples and bananas.



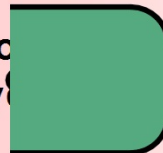
Noon:



**1 pm:**



**This is the best time for  
because your energy level**





**2 pm:**



You feel sleepy because your body naturally produces melatonin.

Taking a nap will do you good.

Unfortunately this isn't always possible with modern lifestyles.

**3 pm:**



Your temperature is rising.

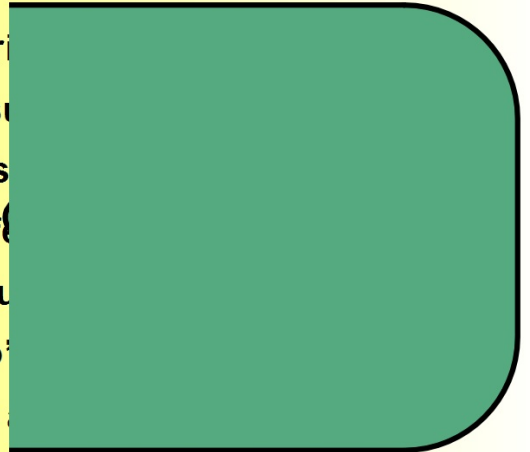
Your body needs some energy.

Have a snack such as fruit.

It's better to eat a few small meals throughout the day rather than just two large meals.

From now till six o'clock.

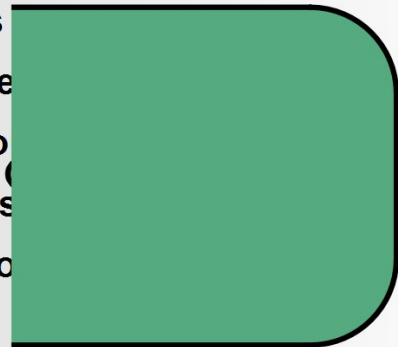
Your body is working at its best, so this is



6 pm:



Your temperature is at its peak.  
If you want to do some heavy  
weightlifting or aerobics, you should avoid it  
because your energy level is low.  
Stress levels are high, too.  
It's best to reduce stress.



**7.30 pm:**



The best time to eat dinner is between seven and eight o'clock.

However, you shouldn't eat a heavy meal least two hours before



**9 pm:**

## **Kissing low stress**



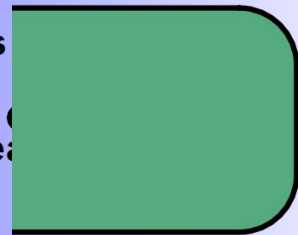
Your temperature starts to fall  
Many people worry or feel depressed  
they think about the things they  
following day.

**10 pm:**



**When it gets dark, your brain starts  
sleep hormone, melatonin.**

**You feel tired and your body gets ready  
sleep.**







**Zmyslom života je žiť, žiaden  
iný mi nenapadá.**

**The purpose of life is to live,  
I can't think of any other.**



**Thank you for your  
attention.**

