



Mark: Hi, Steve. Don't you usually go to the gymSaturday mornings?

Steve: I used but I can't afford it right I don't know what to to keep fit. Do you have any ideas?

Mark: Umm, well, have you thought exercising at home? You wouldn't have to spend money, plus you'd save a of time by not having to travel to and from the gym.

Steve: Err, I'm not sure that's such a good idea. When you exercise at home, you don't get a chance to use a variety of equipment. Plus, you're more to get an injury when you exercise without a trainer.

Mark: I agree are disadvantages, but you don't any equipment to aerobics or yoga. Why don't you buy a book about how to exercise safely by ?

Steve: I suppose you're right. Thanks the advice!

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