D 1.4 ▶ 1.1 **Read the questions below. Then listen again and check (✓) the correct answers for each question.** LISTENING FOR MAIN IDEAS

1. What advice does the nurse give for preventing heart disease?

   ☐ Get your blood pressure checked.
   ☐ Get enough exercise.
   ☐ Drink a lot of water.
   ☐ Deal with stress in healthy ways.
   ☐ Eat a healthy diet.
   ☐ Quit smoking.
   ☐ Read about heart disease.
   ☐ Don't work too much.

2. What does the nurse say are some common causes of heart disease?

   ☐ high blood pressure ☐ smoking ☐ living alone ☐ high blood sugar

E 1.4 **Listen again and choose the correct word or phrase to complete each sentence.** LISTENING FOR DETAILS

1. According to the nurse, if you have high blood pressure, you might need to _____.

   a. lose some weight b. get more sleep

2. According to _____, healthy eating habits can keep your weight and your blood pressure down.

   a. medical journals b. government reports

3. To deal with stress, the nurse suggests going for a walk or _____.

   a. practicing yoga b. listening to music

LIVEWORKSHEETS