

# Listening : Healthy habits

## Lesson Task: Presenting Healthy Habits

### Track 1.7 A.

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Hello, my name is Adriana Santos.

To stay healthy, I  but not every day. I usually  four or five days a week. I also  every day.

For exercise, I usually  two or three times a week. I also  I live nearby, so I walk to class every day, actually. Sometimes I  but I don't have my own bike, so I can ride only on weekends in the park. They rent bikes in the park on Saturdays and Sundays.

In the future, I want to have a  Now, I live in a very small  with no kitchen. I eat a lot of  because I can't cook for myself. After I graduate, I plan to move to a bigger apartment with a kitchen. I also want to get my own bike so I can bike every day.

Staying healthy is very  to me. If I do all of these things now, maybe I'll live to be 100! Thank you very much.

