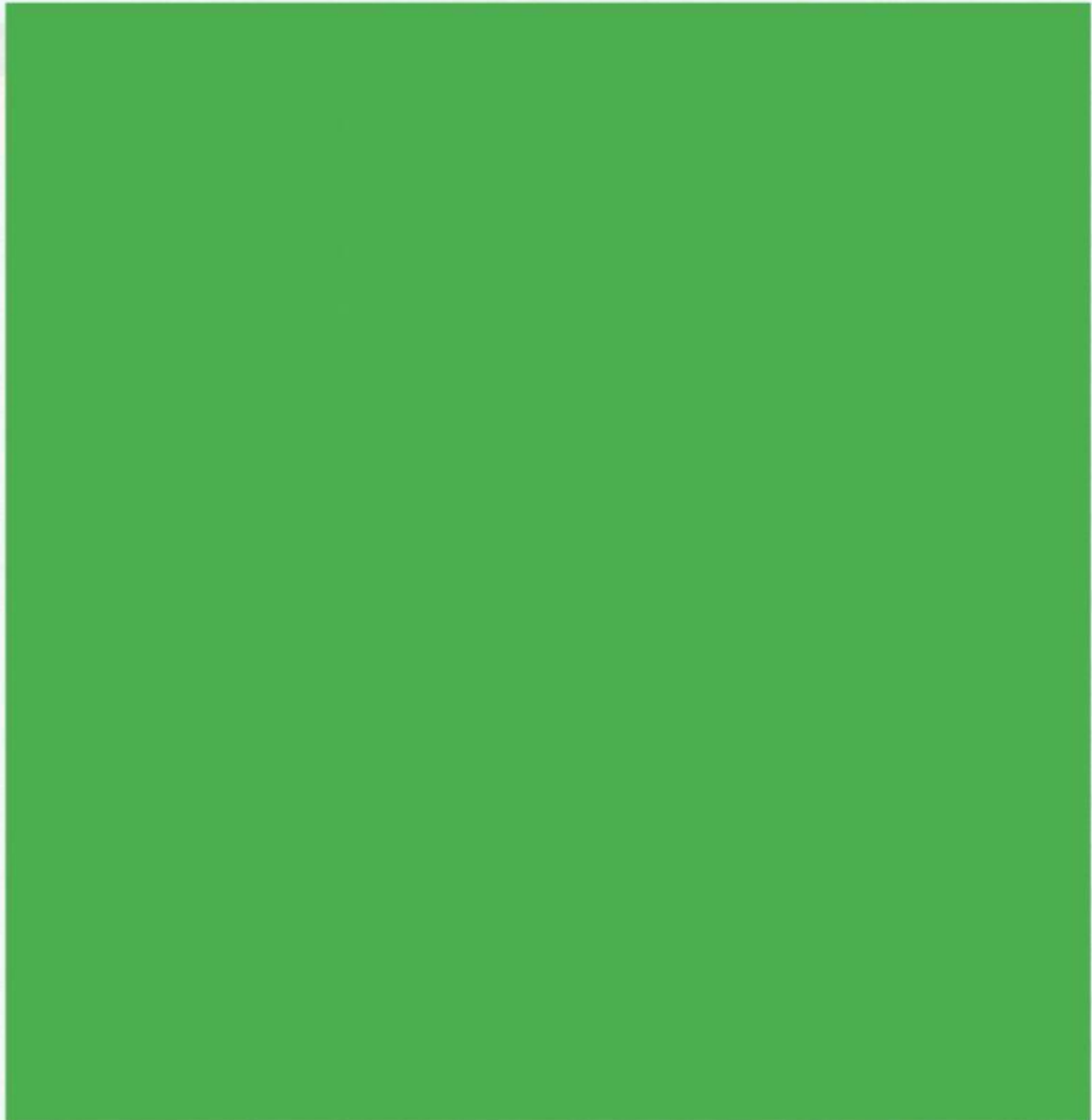


**CD 2-7** Listening 1

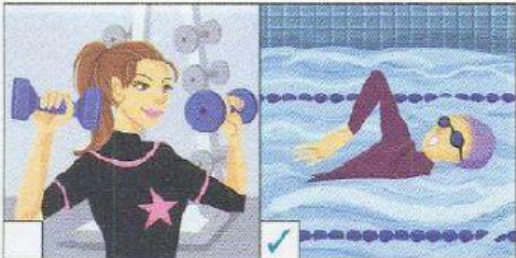
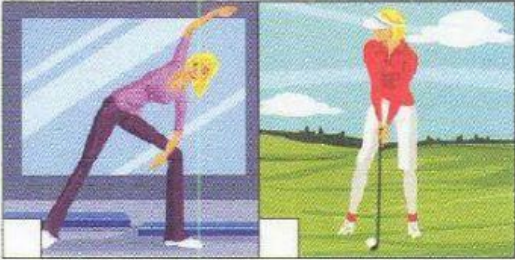
People are talking about New Year's resolutions. What is each person going to do? Listen and circle the correct answer.

- | | | |
|---|-----------------------|------------------------|
| 1. ☒ a. do more exercise | 3. a. do more walking | 5. a. eat less meat |
| b. put on weight | b. take up jogging | b. lose some weight |
| 2. a. learn to swim | 4. a. join a gym | 6. a. take up jogging |
| b. give up smoking | b. put on weight | b. start doing sit-ups |

Listening 2

CD 2-8 ► Task 1

Which kind of exercise does each person prefer now? Listen and check (✓) the correct picture.

1. 
 - a. ☐
 - b. ☒
2. 
 - a. ☐
 - b. ☐
3. 
 - a. ☐
 - b. ☐
4. 
 - a. ☐
 - b. ☐
5. 
 - a. ☐
 - b. ☐
6. 
 - a. ☐
 - b. ☐

CD 2-8 ► Task 2

Listen again. Circle the reason each person likes the kind of exercise he or she does now.

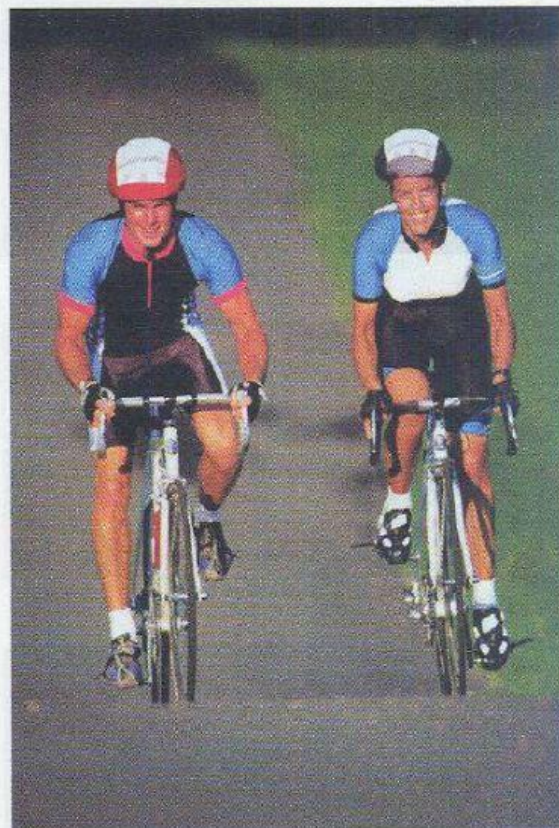
1. a. It's not fun.
 (b.) It's a good place to meet people.
2. a. He does it indoors.
 b. He listens to the ocean as he does it.
3. a. It's fun.
 b. It's not easy to find a place to play.
4. a. It's easy to do it.
 b. She can do it almost anywhere.
5. a. It took a short time to learn.
 b. He doesn't usually ride it on busy streets.
6. a. It's cheap to do.
 b. It's not as easy as it looks.

Listening 3

CD 2-9 ► Task 1

People are talking about exercise. Listen and check (✓) the activities they do or do not do now.

	Does	Doesn't do
1. Brandon		
a. swimming	☐	☒
b. jogging	☐	☐
c. bicycling	☐	☐
2. Alicia		
a. jogging	☐	☐
b. aerobics	☐	☐
c. weightlifting	☐	☐
3. Ian		
a. tennis	☐	☐
b. golf	☐	☐
c. weightlifting	☐	☐
4. Katie		
a. weightlifting	☐	☐
b. swimming	☐	☐
c. jogging	☐	☐



CD 2-9 ► Task 2

Listen again. What sport does each person want to try? Write the correct letter.

- | | |
|---------------------|-------------|
| 1. Brandon <u>b</u> | a. swimming |
| 2. Alicia ____ | b. tennis |
| 3. Ian ____ | c. biking |
| 4. Katie ____ | d. golf |



Dictation

CD 2-11 ► Task 1

Listen to the conversation. Write the missing words.

A: What did you do in the past that you don't do now?

B: Well, I didn't _____ workout very much.

A: So what do you do now?

B: Now, I run every day in the park. I used to _____, but now I love it!

A: I _____ weights and use the machines at the gym.

B: And now?

A: Now I ride my bike a lot. I didn't _____ outdoors, but now I really enjoy it.