

1 BEFORE YOU LISTEN Look at these activities. How can they keep you healthy?



meditation



table tennis



tai chi

2 Listen to people talking about their lifestyles. Choose (✓) True or False.

1. Brian works with computers.
2. He walks to work every day.
3. He only eats pizza.
4. Erin doesn't enjoy her work.
5. She does tai chi to relax.
6. She usually cooks at home.

True	False
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐



3 Listen again and complete the advice. Who is the advice for? Write **B** (Brian), **E** (Erin), or **BO** (both).

1. You should get some exercise. B
2. You _____ drive everywhere. _____
3. You _____ eat so much fast food. _____
4. You _____ cook fresh food. _____
5. You _____ drink so much soda. _____



4 Listening PLUS. Listen to more of Brian and Erin. Choose the correct answer.

- | | |
|---|--|
| 1. Erin wants to talk to Brian because ____. | 4. Brian's idea of exercise is ____. |
| a. she thinks she knows him | a. walking to his car |
| b. she saw him earlier | b. driving to the gym |
| 2. Erin is drinking something and Brian ____. | 5. Erin thinks that Brian should ____. |
| a. wants to try it | a. walk to the gym every day |
| b. doesn't like it | b. walk to the gym sometimes |
| 3. Erin and Brian ____. | 6. Erin and Brian want to ____. |
| a. both drink a lot of soda | a. change their lifestyles |
| b. are both drinking coffee | b. change their lifestyles immediately |