MARK NEWELL

M: My name is Mark. I'm [redacted], and I do a lot to stay in shape. Four or five days a week, I run on a treadmill at the [redacted] for about thirty minutes, and then I [redacted] for about an hour. My wife thinks I'm crazy! She goes to an aerobics class, but I don't take [redacted] or anything like that. And, of course, I also try to eat right. I generally skip things like rice, bread, or [redacted]. And I avoid sweets, if I can. I go with meat and veggies, and some fruit. But it's hard to eat like that all the time, so once in a while I pig out on [redacted] food—maybe some [redacted] or a burger. But that doesn't happen very often.

RIKA OINUMA [*Japanese*]

F: Hi, my name is Rika and I'm 18. I don't go to a [redacted] but I do what I can to stay in good shape. For example, I ride my [redacted] to school every day—it's about thirty minutes each way. That's exercise, right? And I almost always [redacted] with my friends on weekends. When it comes to food, I watch what I eat. I think it's i[redacted] to avoid foods that aren't good for you and to choose foods that *are*. I don't eat [redacted]—or any foods that are high in unhealthy fat. They say [redacted] is very healthy, so I eat a lot of that. My only problem is I have a [redacted]— I *love* sweet things. And, of course, sweets are high in calories.

RICHARD CLARK

M: I'm Richard—Richard Clark. [redacted] years old. Listen, I don't [redacted] at all. And that's just the truth. I don't have the time, and I just don't like it. My brother Patrick is big on exercise. He goes to a [redacted] several days a week. But that's just not for me. And I don't understand all this stuff about eating [redacted]. What's wrong with *real* food? It's good. It's good *for* you. What's the problem? I just relax and enjoy my meals. I avoid eating big [redacted] . . . I eat [redacted]. I think people should just relax and eat what they want. OK? That's my opinion.

LIVEWORKSHEETS