

PRE-LISTENING

There are some vocabularies that will appear on the recording. Let's guess the meaning of each vocabulary by dragging its meaning equivalent to the vocabulary.

Sort elements

the act of discussing something with somebody or with a group of people before making a decision about it

very much; completely

cruel, severe and unkind

to train the body by physical exercise

able to make good judgements based on reason and experience rather than emotion; practical

work out (phrasal verb):	
thoroughly (adv):	
consultation (noun):	
sensible (adj):	
harsh (adj):	

Write NO MORE THAN THREE WORDS OR A NUMBER for each answer

Question 11: What does the centre provide first?

Question 12: What is important to control?

Question 13: What will be used to assess member's fitness level?

Question 14: How often is the exercise schedule reviewed?

Question 15: How many exercise programs are available?

VOCABULARY PRACTICE

Let's listen to the recording again and fill in blanks below

Hello 1 , and 2 to the "Fit for Life" Health Centre - a 3 which, as the name 4 , is not just for short-term 5 , but rather, 6 to put you on a 7 and 8 looting for the rest of your life. And that's how we're different. For example, we could 9 put you on a 10 exercise program, expecting you to 11 day, but such a plan would see you quickly 12 interest. That's why the 13 step is a one-and-a-half-hour 14 , in which your lifestyle, current situation, and long-term 15 , are all 16 analysed.

Now, an important part of this consultation 17 analysing what you eat. There's no point exercising here, and losing 18 , then pulling it all back on, later. You will need to show self-control and 19 in your diet, and we'll work on that. Similarly, we'll put you on an exercise 20 suitable for your level of fitness, so that will involve a test, where we will take you through some activities, then 21 your heart rate and blood pressure to determine how fit you are. This will be 22 during every 23 consultation, along with your exercise schedule, and that occurs monthly, and not half-yearly, as with many other centres.

As to our actual exercise machines and programs, you will have to decide whether it is muscle mass, 24 , or general fitness, that you want to develop. Think about which of these three you want to target, and we'll 25 a specific program for you - but remember, bulging muscles aren't 26 suitable for everyone. Sometimes it's better to think in terms of two simple concepts: muscle definition and stamina; or, if you are female, being fit and healthy, in both 27 and body.

