

**Health and Wellness: Sentence Transformation, error correction, and questions.**

**Instructions:** Complete the sentence transformations, error correction, and open-ended analysis based on the audio.

**I. Sentence Transformation**

Rewrite the following sentences from the script using the word in **bold**, so that the meaning stays the same.

1. "My motivation is at an all-time high."

**MOTIVATED**

I have never \_\_\_\_\_ in my life.

2. "I've stepped away from heavy cardio."

**STOPPED**

I \_\_\_\_\_ heavy cardio recently.

3. "It's harder to achieve longevity without lifting weights."

**UNLESS**

Achieving longevity is more difficult  
\_\_\_\_\_ weights.

4. "Forcing a heavy workout feels counterproductive."

**POINT**

I feel there is \_\_\_\_\_ a heavy workout  
when exhausted.

## II. Error Correction

Each sentence below contains **ONE** grammatical error based on the context of the script.

Find and correct it.

5. Elena has been going to the gym five times a week since she starts the new program.
6. Marco prefers yoga because the pressure to hitting personal records was too high.
7. Elena admits that she sometimes forgets include variety in her meal prep.

## III. Contextual Analysis & Summary

Answer the following questions using 1–2 complete sentences.

8. Contrast the two different approaches to "discipline" mentioned by Elena and Marco.
9. What does Marco mean by the phrase "listening to my body" in the context of his routine?
10. Explain the "middle ground" agreement reached by the characters at the end of the script.