Unit 1.1: Upgrade your life

LISTEN

E 1.4 1.1 **LISTEN FOR MAIN IDEAS** Read these summaries, then listen to the podcast. Choose the summary that describes the episode you heard.

AMANDA FORSYTHE · UPGRADE YOUR LIFE · AVAILABLE EPISODES

1 **Eat Your Way to Weight Loss**
Too good to be true? Limit what you eat twice a week, eat what you want on other days, and still lose weight.

2 **Daily Steps to Better Health**
Got a free half hour? Discover the physical and mental benefits of going for a daily walk, especially outside.

3 **Time to Take a Stand**
Are you a couch potato? You can improve your health by spending less time sitting and more time standing.

F 1.5 **LISTEN FOR DETAILS** Listen to segment 2 of the podcast and complete these profiles with details.



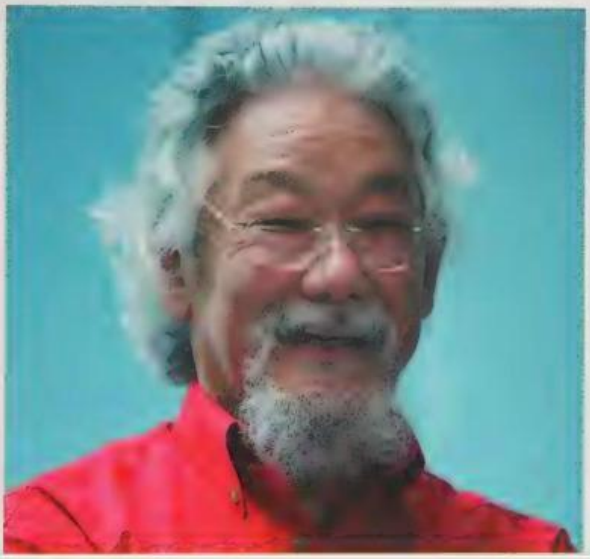
Name Mike Evans

Nationality Canadian

Roles _____ (1)
Associate professor
_____ (2) broadcaster

Idea Walk for _____ (3) minutes daily

LIVEWORKSHEETS



Name David Suzuki

Nationality _____ (4)

Roles _____ (5)

Academic

Environmental activist

Idea Spend time in _____ (6)

G 1.6 Listen to segment 3 of the podcast. Fill in the supporting evidence in these notes.

Study from _____ (1) in _____ (2)

→ walking to work = _____ (3)

Study of _____ (4) conducted by prof at Arnold

School of _____ (5) Health at U of S Carolina

→ lower fitness level = _____ (6)

LIVEWORKSHEETS