




# 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.

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- 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.

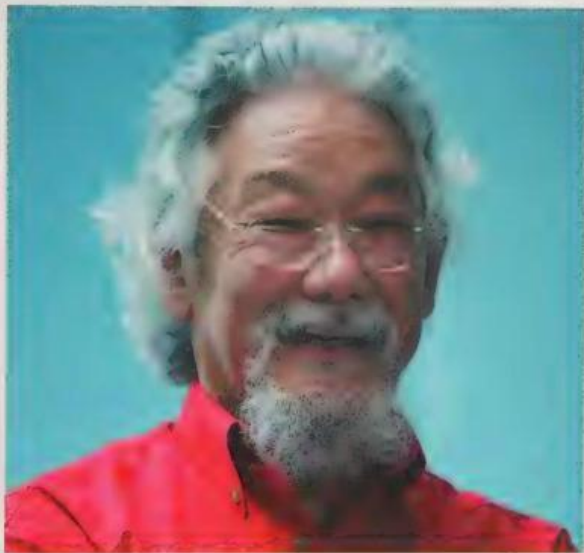


**Name** Mike Evans

**Nationality** Canadian

**Roles**  <sup>1</sup>  
Associate professor  
 <sup>2</sup> broadcaster

**Idea** Walk for  <sup>3</sup> minutes daily



**Name** David Suzuki  
**Nationality** \_\_\_\_\_  
**Roles** \_\_\_\_\_  
Academic  
Environmental activist  
**Idea** Spend time in \_\_\_\_\_

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

Study from \_\_\_\_\_<sub>1</sub> in \_\_\_\_\_<sub>2</sub>

→ walking to work = \_\_\_\_\_<sub>3</sub>

Study of \_\_\_\_\_<sub>4</sub> conducted by prof at Arnold

School of \_\_\_\_\_<sub>5</sub> Health at U of S Carolina

→ lower fitness level = \_\_\_\_\_<sub>6</sub>