

You are going to hear an **interview with Mary, who follows a healthy lifestyle**.
Listen, and shade in the bubble next to the correct option.

1. Mary shifted to a healthier lifestyle because she felt _____.
☐ pressured by the society ☐ lazy and sleepless ☐ overweigh and ugly-looking
2. Mary's _____ advised her to read about the Kito diet meals.
☐ sister ☐ cousin ☐ friend
3. Mary is following the _____ diet.
☐ Kito ☐ Low-Carb ☐ Vegan
4. In her new lifestyle, Mary's favourite exercise is _____.
☐ going for a walk ☐ doing yoga ☐ jogging
5. Mary lost about 8 kilos of her weight in _____ months.
☐ 2 ☐ 3 ☐ 4
6. Mary manages stress by _____.
☐ writing diaries ☐ playing video games ☐ calling her friends
7. Mary advises others, who consider similar changes, to _____.
☐ start small and be patient ☐ follow her routine ☐ take advise from others

