

DO YOU EXERCISE EVERY DAY?

A

Listen to the conversations. Number the pictures from 1 to 4.



B

Listen again. Check (✓) True or False.

- | | | | | | |
|------------------------------------|--------------------------|--------------------------|-------------------------------------|--------------------------|--------------------------|
| 1. | True | False | 3. | True | False |
| 1. The man goes on his own. | ☐ | ☐ | 1. The man does it on weekends. | ☐ | ☐ |
| 2. He doesn't lift weights. | ☐ | ☐ | 2. He does it in the afternoons. | ☐ | ☐ |
| 3. It's crowded there on weekends. | ☐ | ☐ | 3. It makes him very hungry. | ☐ | ☐ |
| 2. | True | False | 4. | True | False |
| 1. She plays three times a week. | ☐ | ☐ | 1. The woman plays twice a week. | ☐ | ☐ |
| 2. The woman plays at a club. | ☐ | ☐ | 2. The players are from her office. | ☐ | ☐ |
| 3. She has lessons with a coach. | ☐ | ☐ | 3. Her team is not very good. | ☐ | ☐ |

C

How good is each activity at helping you stay fit? Complete the chart. Drag and drop the options.

aerobics	basketball	bowling	jogging	swimming	volleyball
baseball	bicycling	golf	soccer	tennis	yoga

Excellent	Good	So-so