

Name:

MARK NEWELL

M: My name is Mark. I'm twenty-three, and I do a lot to stay in shape. Four or five days a week, I run on a treadmill at the _____ (1) for about thirty minutes, and then I lift weights for about an hour. My wife thinks I'm crazy! She goes to an aerobics class, but I don't take _____ (2) classes or anything like that. And, of course, I also try to eat right. I generally skip things like _____ (3), bread, or pasta. And I _____ (4) sweets, if I can. I go with meat and veggies, and some fruit. But it's hard to eat like that all the time, so once in a while I pig out on junk food—maybe some pizza or a burger. But that doesn't _____ (5) very often. RIKA OINUMA

F: Hi, my name is Rika and I'm 18. I don't go to a gym, but I do what I can to stay in good shape. For example, I ride my _____ (6) to school every day—it's about thirty minutes each way. That's exercise, right? And I almost always play golf with my friends on _____ (7). When it comes to food, I watch what I eat. I think it's important to avoid foods that aren't _____ (8) for you and to choose foods that are. I don't eat fried foods—or any foods that are high in _____ (9) fat. They say fish is very healthy, so I eat a lot of that. My only problem is I have a sweet tooth—I love sweet things. And, of course, sweets are high in calories.

RICHARD CLARK M:

I'm Richard—Richard Clark. Thirty-four years old. Listen, I don't _____ 10 at all. And that's just the truth. I don't have the time, and I just don't like it. My brother Patrick is big on exercise. He goes to a _____ 11 several days a week. But that's just not for me. And I don't understand all this stuff about _____ 12 healthy food. What's wrong with real food? It's good. It's good for you. What's the problem? I just relax and _____ 13 my meals. I avoid eating big portions. . . . I eat _____ 14. I think people should just _____ 15 and eat what they want. OK? That's my opinion.