



Listen to a P.E. teacher giving students some health tips. Decide if the statements (1-5) are true or false. Write T if the statement is correct. Write F if the statement is not correct.

Some of the students think doing exercise is hard.

A horrible way to do exercise is to take your dog for a walk.

The teacher recommends 60 minutes of exercise every day.

An exercise schedule can help you to develop a good exercise routine.

You can do exercise when you play outdoors with your friends.