

Listening : Healthy habits

Lesson Task: Presenting Healthy Habits

Track 1.7 A.

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Hello, my name is Adriana Santos.

To stay healthy, I but not every day. I usually four or five days a week. I also every day.

For exercise, I usually two or three times a week. I also I live nearby, so I walk to class every day, actually. Sometimes I but I don't have my own bike, so I can ride only on weekends in the park. They rent bikes in the park on Saturdays and Sundays.

In the future, I want to have a Now, I live in a very small with no kitchen. I eat a lot of because I can't cook for myself. After I graduate, I plan to move to a bigger apartment with a kitchen. I also want to get my own bike so I can bike every day.

Staying healthy is very to me. If I do all of these things now, maybe I'll live to be 100! Thank you very much.

