

Listen to a couple talking and choose the correct answers.

1. What does the man want to do?

- A. play basketball with friends from work
- B. try out for the company's baseball team
- C. get in shape and compete in a cycling race

2. What is the woman's main concern?

- A. Her husband will spend too much time away from home.
- B. Her husband will become a fitness freak.
- C. Her husband's health will worsen.

3. What is the woman's first suggestion to her husband?

- A. He should see a doctor.
- B. He should start with a light workout.
- C. He needs to visit a fitness trainer.

4. What does the woman advise about the man's diet?

- A. He should consume less salt.
- B. He should eat less fatty foods.
- C. He should add more protein products to his diet.

5. Why does the man's wife recommend cycling?

- A. It is good for improving muscle tone.
- B. It helps strengthen the heart.
- C. It helps develop his mental toughness.