

**Listening** 

**Professor Morris talks about different technologies that help us keep fit and healthy. Which of the ones below does he recommend? Listen and check your answers.**

- fitness leggings
- heart monitor
- fitness headphones
- smart scale
- running/cycling phone app

**2** Listen again and decide if the sentences below are true (T) or false (F).

- 1 Prof. Morris thinks there are too many gadgets related to fitness.
- 2 Prof. Morris is keen on the heart monitor because of its size.
- 3 The phone app suggests what speed you should be cycling or running at.
- 4 Users of the phone app can motivate each other.
- 5 Prof. Morris says the smart scale is rather old-fashioned.
- 6 The smart scale can keep track of more than one user's data.