

## LISTENING SCRIPT

### **Exercise 2.**

**Receptionist:** Be Fit Gym ... how can I help you?

**Customer:** I'd like to enquire about membership.

**Receptionist:** Great! We have a number of options. Are you interested in individual or family membership?

**Customer:** Hmm, I'm not sure.

**Receptionist:** Right, well, we've got a good corporate deal running. It includes unlimited weekend use with entry at any time after the gym opens at six thirty. Last entry is nine thirty, and we close at 10 p.m. That's quite unusual these days, as most gyms exclude Saturday entry from this type of deal. During the week, you can come anytime after our busy period, so after 9 a.m.

**Customer:** What about family deals?

**Receptionist:** Well, there's a great family membership package which includes two adults – that's anyone over the age of 18 – and up to four kids. With that one, you can use the pool at any time during the week, with a small fee for Saturday and Sunday use, although under-13s are still permitted to use it free of charge. Does either of these packages interest you?

### **Exercise 3.**

**Friend 1:** Oh, look at this! A new spa's opened, and they're offering some great treatments. Shall we go?

**Friend 2:** Oh, yes! I could do with treating myself. I've been working far too hard on this thesis!

**Friend 1:** Right, let's look at what they've got to offer us. Well, they've got a lot of treatments on offer. How about a nice foot massage using seaweed? Apparently, it's for tired, aching feet and helps with dead skin removal.

**Friend 2:** Hmm, well, I'm not sure I want anyone touching my feet, and I don't really like the sound of all that seaweed. What else have they got?

**Friend 1:** Hmm, that's probably for the best – there are no special offers for it. How about a relaxing head massage? It'll ease your stress and give you more energy and concentration.

**Friend 2:** Now that I *do* need. How long is it?

**Friend 1:** Well, you can have a 60-minute massage for £60, or they've got a taster session on offer for 30 if you pay upfront. We could do that, I guess.

**Friend 2:** Let's sign up for the taster! What's next?

**Friend 1:** OK, well, I quite fancy the rejuvenating facial for tired eyes and skin!

**Friend 2:** But you're not *that* old!

**Friend 1:** Ha ha, yes, apparently it will give me back my young appearance and get rid of bags and circles, and I definitely have those!

**Friend 2:** OK, how much is that?

**Friend 1:** For 1 hour and 30 minutes, it's £80 – that's the normal price, but if you have it with something else, it's £50.

**Friend 2:** Hmm, sounds expensive for a few bags under the eyes!

**Friend 1:** I like the sound of it!

#### **Exercise 4.**

*You will hear a conversation between a gym member and a personal trainer. Before you listen, you have some time to look at questions one to five. [pause] Now listen and answer questions one to five. On this occasion only, an example has been done for you.*

**Personal trainer:** Hello. You're interested in some personal training sessions, I understand?

**Gym member:** Yes, that's right.

**Personal trainer:** Right, well I've got your membership details here. It's Sue Lewis, isn't it?

**Gym member:** Yes. Well, actually, I got married recently, so my surname's changed.

**Personal trainer:** Congratulations, Sue. What's your new surname?

**Gym member:** It's Lanesdown, that's L-A-N-E-S-D-O-W-N.

*The member said her surname was Lanesdown, so that has been written in the space. Now listen and answer questions one to five.*

**Personal trainer:** Right then, Sue. What are you hoping to get out of the sessions?

**Gym member:** Well, I'd like to get fitter and lose a few kilos.

**Personal trainer:** OK, I'm sure that's doable with a bit of dedication. How often do you work out at the moment?

**Gym member:** Hmm, well, I was coming to the gym about four or five times a week before I got married but, well, I've not had much free time recently. So, I guess it's about twice every four weeks.

**Personal trainer:** Ah, I see. That's not enough to make much difference. I think five times a week is a bit unrealistic, but you should be coming at least two or three times for no less than 60 minutes.

**Gym member:** OK, I think I can manage that.

**Personal trainer:** What do you do when you're here?

**Gym member:** Well, I use the treadmill for a bit. Oh, and I do some stretching, but that's about it really.

**Personal trainer:** Would you say you lead an active life generally?

**Gym member:** Oh, no. I'm far too inactive. That's why I've put on weight.

**Personal trainer:** OK, I think we need to get you on the cross-trainer and lifting a few weights. Both of those would be good – nothing too strenuous, but we need to get you more active.

#### **Exercise 5.**

*Before you listen to the rest of the conversation, you have some time to look at questions 6 and 7. [pause] Now listen and answer questions six and seven.*

**Personal trainer:** OK, so let's talk about changes you can make outside the gym, Sue.

**Gym member:** What do you mean?

**Personal trainer:** Well, I'm thinking of things like your diet and how active you are.

**Gym member:** Oh, I see. I guess if I'm going to do this, then I ought to do it properly.

**Personal trainer:** OK. So, how healthy is your diet?

**Gym member:** Hmm, I do have a sweet tooth. I usually have pudding after dinner, but only at the weekend, and I love fish and chips!

**Personal trainer:** There's a lot of debate about how much fat we should eat. It's argued that good fats, found in fish and avocado, for example, have health benefits – though I'm not sure about fish and chips! Too much sugar isn't good though. Can you cut down on one or the other?

**Gym member:** Yes, I think so. I could give up chocolate and cake, I guess – maybe just have it on special occasions.

**Personal trainer:** And are you eating at least five portions of fruit and vegetables every day?

**Gym member:** Hmm, I don't like fruit at all, but I do eat a lot of leafy veg and I love carrots and broccoli, so I think so.

**Personal trainer:** You should try to eat more fruit – it contains a lot of nutrients. But it sounds like you're eating enough vegetables. Do you walk to work?

**Gym member:** Er, no – I take the car.

**Personal trainer:** Is that something you could do?

**Gym member:** It'll take about three-quarters of an hour on foot, but it's doable. I do use the stairs when I get to work though. I'm on the second floor.

**Personal trainer:** That's great. Taking the stairs instead of the lift is a great way to keep fit. Well done! What about the weekend?

**Gym member:** I could walk in the park a bit more?

**Personal trainer:** That would be a good idea, Sue. If you could do at least half an hour on Saturday and Sunday and walk to work, I'd be happy.

**Gym member:** Great. Let's do it!

#### **Exercise 6.**

*You will hear a conversation between two friends about a festival in their town. Before you listen, you have some time to look at questions 1 to 5. [pause] Now listen and answer questions 1 to 5. On this occasion only, an example has been done for you.*

**Friend 1:** Oh, look! There's a festival on.

**Friend 2:** What? A music festival?

**Friend 1:** No, healthy eating. Oh, and lifestyle.

*The name of the festival is Healthy Eating and Lifestyle, so 'lifestyle' has been written in the space. Now listen and answer questions 1 to 5.*

**Friend 2:** That sounds interesting. When's it on? I'm busy during the week now I've got a job.

**Friend 1:** Um, let's see. OK, well, it's for one weekend in July, so that's great. It's on the third.

**Friend 2:** Hmmm. And what can we do there? Apart from eat salad!

**Friend 1:** Well, they have different stuff going on around town and lots of speakers, too! And some of them are quite famous. Let's see. OK, so there's something called Grow Your Own. That's at the City Allotments.

**Friend 2:** What, like growing carrots and stuff?

**Friend 1:** Yeah. It's recommendations about growing your own vegetables – much better than going to the supermarket, if you ask me. That woman is going to be there. You know, the one that came to speak at our college once. She was really knowledgeable. Sheila something?

**Friend 2:** Oh, I know, Sheila Aider.

**Friend 1:** Acre? Are you sure?

**Friend 2:** Not Acre, Aider. A-I-D-E-R.

**Friend 1:** OK. So, what else? Let me see. There's something about going organic. I'm not sure I see the point of that. Isn't it expensive?

**Friend 2:** Not always. Where is it?

**Friend 1:** Oh, it's at the open-air market you go to every Wednesday to get that artisan bread you like. We're going to be told why we need to buy produce which is grown organically.

**Friend 2:** I can tell you're not keen.

**Friend 1:** I just think it's a waste of money, and I've never heard of Ken Miller – he's the speaker. Now, sustainable fish I am interested in. I think it's terrible what we're doing to our oceans.

**Friend 2:** I agree!

**Friend 1:** That one's being held in Centre Square. No, not Centre, sorry – Central. That's near the station, isn't it?

**Friend 2:** That's right. We were there last Friday for Tom's birthday.

**Friend 1:** Ah, yes, I know. Well, it's about fish farms, the techniques being used and the dangers of them. Percy Green is speaking. I've read one of his articles. It was quite an eye-opener.

*Before you listen to the rest of the conversation, you now have time to look at questions 6 to 10. [Pause] Now listen and answer questions 6 to 10.*

**Friend 2:** All this talk of food is making me hungry! Anything else?

**Friend 1:** Ha ha. Not food, no. But there's something about your heart and how to improve it.

**Friend 2:** That's always useful!

**Friend 1:** Yes, we can see that at Billings Park. There's a special guest speaker, but I can't quite remember her name.

**Friend 2:** Oh yes, I know, it's Harriet Asam, the famous TV doctor.

**Friend 1:** That's it! She's giving a talk about exercising every day and why it's good for you.

**Friend 2:** I like her. Let's go. How much is it?

**Friend 1:** OK, let me see. It's £15.50. Unless you're over 65 – then it's £12.

**Friend 2:** Very funny!

**Friend 1:** I might mention it to my sister, actually. I know she'd like to go with her kids.

**Friend 2:** She's got two, hasn't she? Do they have to pay?

**Friend 1:** Um, it's £10.25 for the ten-year-old, but her younger son is still only two, so it will be free for him – so that's something!

**Friend 2:** Brilliant! Where can we get tickets?

**Friend 1:** We need to buy them online. There's a website address. Can you write it down?

**Friend 2:** Sure.

**Friend 1:** It's www dot healtheeme dot com. It's an unusual spelling: H-E-A-L-T-H, double E, M-E.

**Friend 2:** Got it! Right let's get those tickets!