ORAL COMPREHENSION

LISTENING GETTING IN SHAPE

Level: Low Intermediate
Gender: Man
Accent: UK English
Length: 0:50

LISTEN TO THE AUDIO AND ANSWER THE FOLLOWING COMPREHENSION QUESTIONS.

1) How is the author trying to improve his health?
   a) By eating more vegetables
   b) By exercising
   c) By cooking at home
   d) By lifting weights

2) Why did he stop working out?
   a) He had an ankle injury
   b) He went on holidays
   c) He didn't like exercising
   d) He began working longer hours

3) Where does he want to exercise?
   a) Outside
   b) At a gym
   c) At home
   d) At the office

4) What is the exercise for Thursday?
   a) Softball
   b) Baseball
   c) Running laps
   d) Swimming

5) Where will he ride his bike on Saturday?
   a) At the park
   b) On the track
   c) To town
   d) Near the water

6) How does he stay motivated?
   a) By making a chart
   b) By doing different exercises
   c) By rewarding himself
   d) By exercising with friends

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LIVEWORKSHEETS