

CD 2-7  Listening 1

People are talking about New Year's resolutions. What is each person going to do? Listen and circle the correct answer.

|  |   |   |
|--|---|---|
| 1. a. do more exercise<br>b. put on weight | 3. a. do more walking<br>b. take up jogging | 5. a. eat less meat<br>b. lose some weight      |
| 2. a. learn to swim<br>b. give up smoking  | 4. a. join a gym<br>b. put on weight        | 6. a. take up jogging<br>b. start doing sit-ups |

## Listening 2

### CD2-8 ► Task 1

Which kind of exercise does each person prefer now? Listen and check (✓) the correct picture.

1.



a.

b.

2.



a.

b.

3.



a.

b.

4.



a.

b.

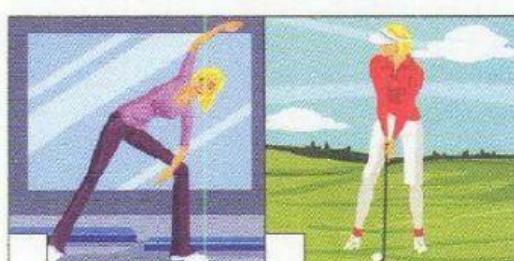
5.



a.

b.

6.



a.

b.

### CD2-8 ► Task 2

Listen again. Circle the reason each person likes the kind of exercise he or she does now.

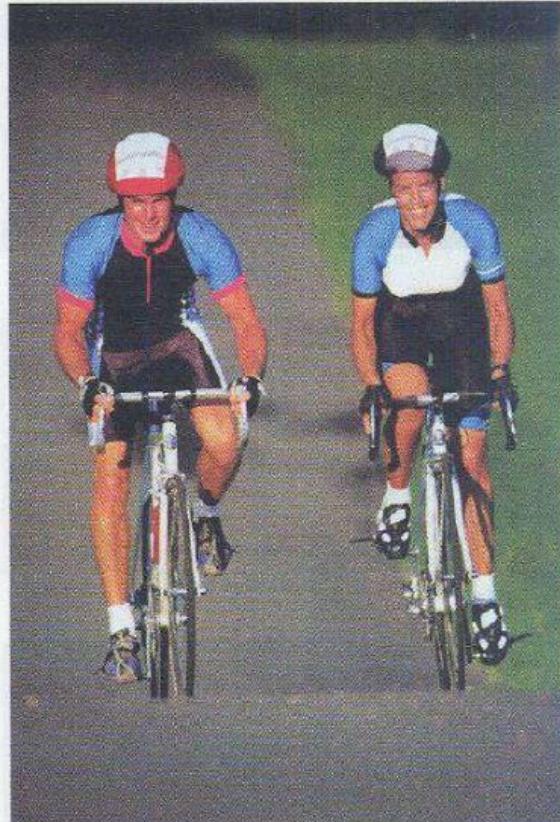
1. a. It's not fun.  
 b. It's a good place to meet people.
2. a. He does it indoors.  
 b. He listens to the ocean as he does it.
3. a. It's fun.  
 b. It's not easy to find a place to play.
4. a. It's easy to do it.  
 b. She can do it almost anywhere.
5. a. It took a short time to learn.  
 b. He doesn't usually ride it on busy streets.
6. a. It's cheap to do.  
 b. It's not as easy as it looks.

## Listening 3

### CD 2-9 ► Task 1

People are talking about exercise. Listen and check (✓) the activities they do or do not do now.

|                  | Does                     | Doesn't do                          |
|------------------|--------------------------|-------------------------------------|
| 1. Brandon       |                          |                                     |
| a. swimming      | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| b. jogging       | <input type="checkbox"/> | <input type="checkbox"/>            |
| c. bicycling     | <input type="checkbox"/> | <input type="checkbox"/>            |
| 2. Alicia        |                          |                                     |
| a. jogging       | <input type="checkbox"/> | <input type="checkbox"/>            |
| b. aerobics      | <input type="checkbox"/> | <input type="checkbox"/>            |
| c. weightlifting | <input type="checkbox"/> | <input type="checkbox"/>            |
| 3. Ian           |                          |                                     |
| a. tennis        | <input type="checkbox"/> | <input type="checkbox"/>            |
| b. golf          | <input type="checkbox"/> | <input type="checkbox"/>            |
| c. weightlifting | <input type="checkbox"/> | <input type="checkbox"/>            |
| 4. Katie         |                          |                                     |
| a. weightlifting | <input type="checkbox"/> | <input type="checkbox"/>            |
| b. swimming      | <input type="checkbox"/> | <input type="checkbox"/>            |
| c. jogging       | <input type="checkbox"/> | <input type="checkbox"/>            |



### CD 2-9 ► Task 2

Listen again. What sport does each person want to try?  
Write the correct letter.

|                     |             |
|---------------------|-------------|
| 1. Brandon <u>b</u> | a. swimming |
| 2. Alicia <u> </u>  | b. tennis   |
| 3. Ian <u> </u>     | c. biking   |
| 4. Katie <u> </u>   | d. golf     |

## Dictation

### CD 2-11 ► Task 1

Listen to the conversation. Write the missing words.

A: What did you do in the past that you don't do now?

B: Well, I didn't                                       workout very much.

A: So what do you do now?

B: Now, I run every day in the park. I used to                                      , but now I love it!

A: I                                                          weights and use the machines at the gym.

B: And now?

A: Now I ride my bike a lot. I didn't                                                          outdoors, but now I really enjoy it.