

#### EXERCISE 4

*Read Luke's email to his friend, Andrew. Then complete the exercise.*

Dear Andrew,

Happy New Year! I hope that you enjoyed the party you told me about in your last email. Do you have any good plans for the new year? I have decided that I am going to be much healthier this year. Last year, I had a lot of exams, so I didn't do very much exercise, and I ate too much chocolate and too many biscuits. This year, I want to follow a healthy diet and to do more exercise.

I joined a gym last week. It's in a nice new sports centre, which has a swimming pool and different rooms with a variety of exercise classes. I tried the yoga class last week and I really enjoyed it. I am going to go to a class once a week, and to the gym twice a week. I think that this will help me to get fit very quickly. I have also started to walk to college instead of taking the bus. When I go to the library, I go by bike because it is quite far. I feel much better and less tired if I walk or cycle.

I have started to cook more meals at home. I have found some good healthy recipes on the internet. Last night, I cooked baked fish with steamed vegetables. It was delicious, and I didn't feel hungry at all afterwards. I have also decided not to eat junk food like chocolate and crisps for one month. I take dried fruit and nuts to college with me as a snack, and I eat fruit or yoghurt in the afternoon instead of biscuits or cake. The next time I see you, I promise to cook you something healthy.

Look forward to hearing from you soon!

Best wishes,

Luke

**Choose True or False. Read Luke's email on the first screen again to help you.**

1. Luke did not follow a healthy diet last year.

- ☐ True
- ☐ False

2. He wants to join a gym soon.
  - ☐ True
  - ☐ False
3. He tried an exercise class last week.
  - ☐ True
  - ☐ False
4. He wants to go to the gym once a week.
  - ☐ True
  - ☐ False
5. He walks to the library.
  - ☐ True
  - ☐ False
6. He doesn't eat biscuits or cake in the afternoons.
  - ☐ True
  - ☐ False