

1 BEFORE YOU LISTEN Look at these activities. How can they keep you healthy?



meditation



table tennis



tai chi

2 Listen to people talking about their lifestyles. Choose (✓) True or False.

1. Brian works with computers.
2. He walks to work every day.
3. He only eats pizza.
4. Erin doesn't enjoy her work.
5. She does tai chi to relax.
6. She usually cooks at home.

True False

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3 Listen again and complete the advice. Who is the advice for? Write **B** (Brian), **E** (Erin), or **BO** (both).

1. You should get some exercise. B
2. You _____ drive everywhere. _____
3. You _____ eat so much fast food. _____
4. You _____ cook fresh food. _____
5. You _____ drink so much soda. _____



4 Listening PLUS. Listen to more of Brian and Erin. Choose the correct answer.

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| <ol style="list-style-type: none"> 1. Erin wants to talk to Brian because ____. <li style="margin-left: 20px;">a. she thinks she knows him <li style="margin-left: 20px;">b. she saw him earlier 2. Erin is drinking something and Brian ____. <li style="margin-left: 20px;">a. wants to try it <li style="margin-left: 20px;">b. doesn't like it 3. Erin and Brian ____. <li style="margin-left: 20px;">a. both drink a lot of soda <li style="margin-left: 20px;">b. are both drinking coffee | <ol style="list-style-type: none"> 4. Brian's idea of exercise is ____. <li style="margin-left: 20px;">a. walking to his car <li style="margin-left: 20px;">b. driving to the gym 5. Erin thinks that Brian should ____. <li style="margin-left: 20px;">a. walk to the gym every day <li style="margin-left: 20px;">b. walk to the gym sometimes 6. Erin and Brian want to ____. <li style="margin-left: 20px;">a. change their lifestyles <li style="margin-left: 20px;">b. change their lifestyles immediately |
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