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*.

	True	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.	☐	☐



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.

1. Erin wants to talk to Brian because ___.
   a. she thinks she knows him
   b. she saw him earlier
2. Erin is drinking something and Brian ___.
   a. wants to try it
   b. doesn't like it
3. Erin and Brian ___.
   a. both drink a lot of soda
   b. are both drinking coffee
4. Brian's idea of exercise is ___.
   a. walking to his car
   b. driving to the gym
5. Erin thinks that Brian should ___.
   a. walk to the gym every day
   b. walk to the gym sometimes
6. Erin and Brian want to ___.
   a. change their lifestyles
   b. change their lifestyles immediately