

Name: _____ Number: _____ Class: _____

LISTENING EXERCISE

1. Listen to someone talking about exercising. Choose the correct option.

The title *Too Much of a Good Thing* suggests that...

- a. exercise may be unhealthy if it becomes an addiction.
- b. physical fitness is always unhealthy.
- c. weight control is always negative.

2. Listen again and choose the correct option to answer the questions.

2.1. How often do the cheerleading team practise?

- a. Three to six times a week.
- b. Three to five times a week.
- c. Three to four times a week.

2.2. How much pressure does Rachel feel to keep her weight down?

- a. Very little.
- b. None.
- c. A Lot.

2.3. Who sets an example to the team?

- a. Carla.
- b. Anne.
- c. Rachel

2.4. What part does she play in the team?

- a. Coach.
- b. Head cheerleader.
- c. Advisor

2.5. How often does Rachel do extra workouts?

- a. daily.
- b. weekly.
- c. monthly.

3. Say if the statements are true (t) or false (F).

- a. People are not aware of the benefits of exercise.
- b. People should exercise more.
- c. Any kind of exercise is good.
- d. Exercise contributes to the reduction of body fat.
- e. If you exercise, you reduce the risks of diseases.