

Listen to the conversation and choose what Jad **should** do and what he **shouldn't** do

buy special running clothes      get an app

watch TV and play computer games

have chocolate or cake      eat well and drink lots of water

get new trainers      go swimming or cycling

go running every day      do leg exercises

go to bed early every night

| Jad should | Jad shouldn't |
|------------|---------------|
|            |               |