

 Getting Ready

What do you do to keep fit? Match each goal on the left with the correct suggestion on the right. Compare your answers with a partner.

1. have a healthier diet _____	a. do lots of sit-ups
2. tighten stomach muscles _____	b. join a health club with a pool
3. put on weight _____	c. eat less meat and more vegetables
4. swim regularly _____	d. lift weights every other day
5. get some outdoor exercise _____	e. take up jogging

CD 2-7

 Listening 1

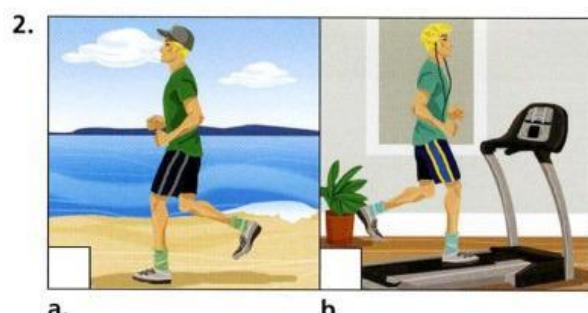
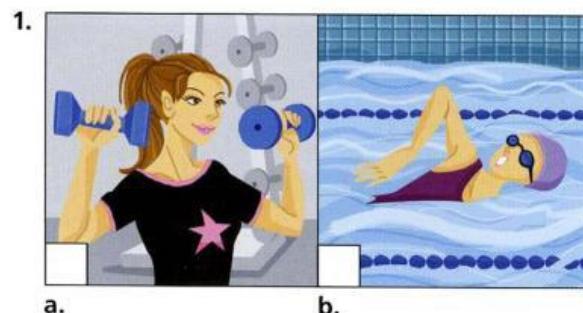
People are talking about New Year's resolutions. What is each person going to do? Listen and circle the correct answer.

1. a. do more exercise	3. a. do more walking	5. a. eat less meat
b. put on weight	b. take up jogging	b. lose some weight
2. a. learn to swim	4. a. join a gym	6. a. take up jogging
b. give up smoking	b. put on weight	b. start doing sit-ups

Listening 2

CD 2-8 ► Task 1

Which kind of exercise does each person prefer now? Listen and check (✓) the correct picture.



CD 2-8 ► Task 2

Listen again. Circle the reason each person likes the kind of exercise he or she does now.

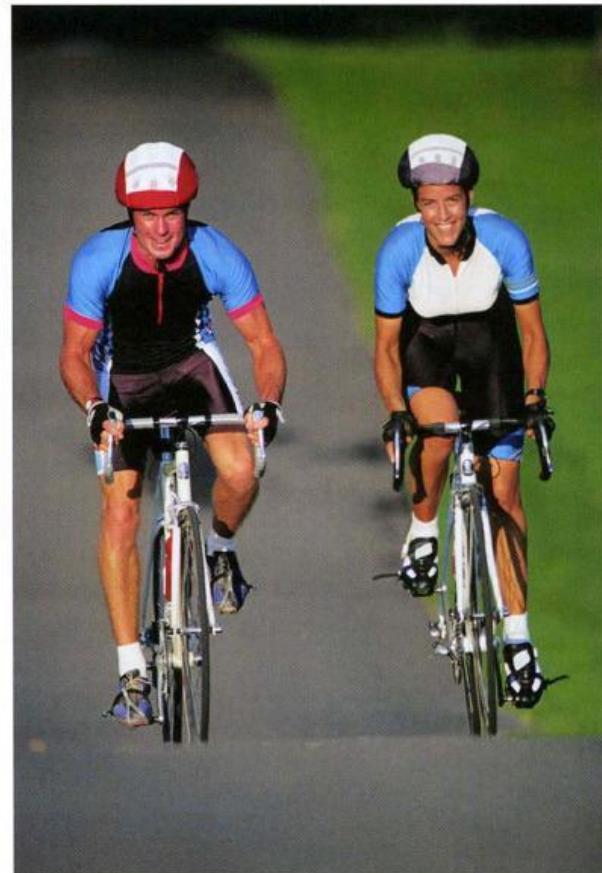
1. a. It's not fun.
b. It's a good place to meet people.
2. a. He does it indoors.
b. He listens to the ocean as he does it.
3. a. It's fun.
b. It's not easy to find a place to play.
4. a. It's easy to do it.
b. She can do it almost anywhere.
5. a. It took a short time to learn.
b. He doesn't usually ride it on busy streets.
6. a. It's cheap to do.
b. It's not as easy as it looks.

Listening 3

CD 2-9 ► Task 1

People are talking about exercise. Listen and check (✓) the activities they do or do not do now.

	Does	Doesn't do
1. Brandon		
a. swimming	<input type="checkbox"/>	<input type="checkbox"/>
b. jogging	<input type="checkbox"/>	<input type="checkbox"/>
c. bicycling	<input type="checkbox"/>	<input type="checkbox"/>
2. Alicia		
a. jogging	<input type="checkbox"/>	<input type="checkbox"/>
b. aerobics	<input type="checkbox"/>	<input type="checkbox"/>
c. weightlifting	<input type="checkbox"/>	<input type="checkbox"/>
3. Ian		
a. tennis	<input type="checkbox"/>	<input type="checkbox"/>
b. golf	<input type="checkbox"/>	<input type="checkbox"/>
c. weightlifting	<input type="checkbox"/>	<input type="checkbox"/>
4. Katie		
a. weightlifting	<input type="checkbox"/>	<input type="checkbox"/>
b. swimming	<input type="checkbox"/>	<input type="checkbox"/>
c. jogging	<input type="checkbox"/>	<input type="checkbox"/>



CD 2-9 ► Task 2

Listen again. What sport does each person want to try?
Write the correct letter.

1. Brandon ____
a. swimming
b. tennis
c. biking
d. golf
2. Alicia ____
a. swimming
b. tennis
c. biking
d. golf
3. Ian ____
a. swimming
b. tennis
c. biking
d. golf
4. Katie ____
a. swimming
b. tennis
c. biking
d. golf