

✓ **A** ▶ 3:35 **LISTEN FOR MAIN IDEAS** Listen to people talk about their fitness and eating habits. Check the box next to the name if the person exercises regularly.



✓ **B** ▶ 3:36 **LISTEN FOR DETAILS** Now listen again and check each person's habits.

	Mark	Rika	Richard
1 goes to a gym	☐	☐	☐
2 takes exercise classes	☐	☐	☐
3 exercises outside	☐	☐	☐
4 avoids grains	☐	☐	☐
5 avoids desserts	☐	☐	☐
6 avoids fatty foods	☐	☐	☐
7 eats smaller portions	☐	☐	☐
8 eats a lot of seafood	☐	☐	☐
9 eats slowly	☐	☐	☐