

3 LISTENING

a 5.3 You are going to hear an expert telling us five ways in which we can slow down in our daily lives. Listen once and complete Tips 1–5 with two words.

Tips	Why?
1 Eat breakfast _____.	
2 Forget the _____. Do _____ instead.	
3 Go for a _____.	
4 Spend 10 minutes each day _____.	
5 Have a _____, not a _____.	

b Listen again and write down any other information you can in the Why? column. Compare with a partner.
c Which do you think are the best two tips? Do you already do any of them?