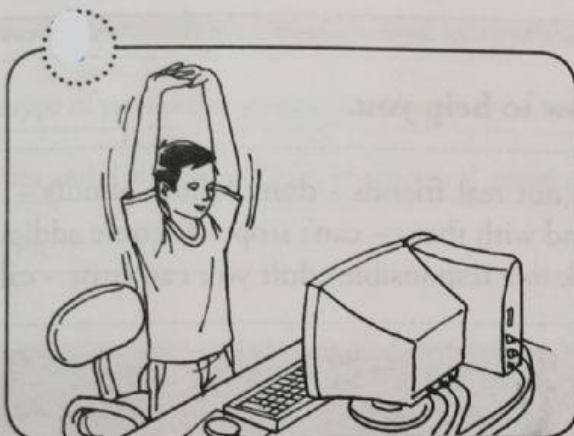


# Listening

**A** Study the pictures. Listen to a text on four simple habits to develop for a healthier you and number these pictures in the order as you hear them.



**B** Listen to the text again. Complete the notes below using no more than three words and/or number for each answer.

Staying Healthy	
What is bad for your back	1 _____
Sitting in one position for too long makes	2 _____ 3 _____
What improves if we are active and move about	4 _____
Breathing fresh air helps you to feel	5 _____ 6 _____
The air on a rainy day is	7 _____
You should spend less time on your	8 _____
Limit the time you spend on	9 _____ 10 _____