



ORAL COMPREHENSION

LISTENING

GETTING IN SHAPE

Level: Low Intermediate
Gender: Man
Accent: UK English
Length: 0:50

LISTEN TO THE AUDIO AND ANSWER THE FOLLOWING COMPREHENSION QUESTIONS.

- 1) How is the author trying to improve his health?
 - a) By eating more vegetables
 - b) By exercising
 - c) By cooking at home
 - d) By lifting weights
- 2) Why did he stop working out?
 - a) He had an ankle injury
 - b) He went on holidays
 - c) He didn't like exercising
 - d) He began working longer hours
- 3) Where does he want to exercise?
 - a) Outside
 - b) At a gym
 - c) At home
 - d) At the office
- 4) What is the exercise for Thursday?
 - a) Softball
 - b) Baseball
 - c) Running laps
 - d) Swimming
- 5) Where will he ride his bike on Saturday?
 - a) At the park
 - b) On the track
 - c) To town
 - d) Near the water
- 6) How does he stay motivated?
 - a) By making a chart
 - b) By doing different exercises
 - c) By rewarding himself
 - d) By exercising with friends