

EXERCISE 4

Read Luke's email to his friend, Andrew. Then complete the exercise.

Dear Andrew,

Happy New Year! I hope that you enjoyed the party you told me about in your last email. Do you have any good plans for the new year? I have decided that I am going to be much healthier this year. Last year, I had a lot of exams, so I didn't do very much exercise, and I ate too much chocolate and too many biscuits. This year, I want to follow a healthy diet and to do more exercise.

I joined a gym last week. It's in a nice new sports centre, which has a swimming pool and different rooms with a variety of exercise classes. I tried the yoga class last week and I really enjoyed it. I am going to go to a class once a week, and to the gym twice a week. I think that this will help me to get fit very quickly. I have also started to walk to college instead of taking the bus. When I go to the library, I go by bike because it is quite far. I feel much better and less tired if I walk or cycle.

I have started to cook more meals at home. I have found some good healthy recipes on the internet. Last night, I cooked baked fish with steamed vegetables. It was delicious, and I didn't feel hungry at all afterwards. I have also decided not to eat junk food like chocolate and crisps for one month. I take dried fruit and nuts to college with me as a snack, and I eat fruit or yoghurt in the afternoon instead of biscuits or cake. The next time I see you, I promise to cook you something healthy.

Look forward to hearing from you soon!

Best wishes,

Luke

Choose True or False. Read Luke's email on the first screen again to help you.

1. Luke did not follow a healthy diet last year.

- ☐ True
- ☐ False

2. He wants to join a gym soon.
 - ☐ True
 - ☐ False
3. He tried an exercise class last week.
 - ☐ True
 - ☐ False
4. He wants to go to the gym once a week.
 - ☐ True
 - ☐ False
5. He walks to the library.
 - ☐ True
 - ☐ False
6. He doesn't eat biscuits or cake in the afternoons.
 - ☐ True
 - ☐ False