

Exercise 6

Listen to the rest of the conversation between the gym member and the personal trainer. Choose the two changes that the personal trainer recommends.

Questions 6–7

- ☐ **A** reduce intake of both fat and sugar
- ☐ **B** reduce intake of either fat or sugar
- ☐ **C** increase intake of fruit and vegetables
- ☐ **D** walk a minimum of 30 minutes daily
- ☐ **E** walk to work and avoid using the lift