

## EXERCISE 7 LISTENING

**A** Listen to the conversation. How is Joe Hanson's health?

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**B** Listen again. Answer each question with a complete sentence.

1. What is Joe Hanson concerned about?

*He is concerned about his weight.*

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2. Does Joe have high, medium, or low cholesterol?

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3. Which meal does Joe skip daily?

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4. Does he have enough time to eat that meal?

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5. How much exercise does he get?

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6. What kind of food does he eat for lunch?

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7. What health issue is Joe at high risk for?

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8. What kind of change is the doctor suggesting regarding Joe's eating habits?

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9. What foods will Joe still be able to eat?

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10. How many times a week will Joe need to exercise at the beginning?

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**C** Work with a partner. Talk about the health habits of someone you know. Discuss these questions.

1. How much exercise does the person get?

2. Does he or she have any bad habits?

3. Does he or she eat regular meals?

4. What kind of diet does the person follow?

5. Does the person have any specific health problems?