AGRUPAMENTO DE ESCOLAS DE MÉRTOLA (135616)

Name: _____ Number: _____ Class: _____

LISTENING EXERCISE

1. Listen to someone talking about exercising. Choose the correct option.

The title *Too Much of a Good Thing* suggests that…

a. exercise may be unhealthy if it becomes an addiction.

b. physical fitness is always unhealthy.

c. weight control is always negative.

2. Listen again and choose the correct option to answer the questions.

2.1. How often do the cheerleading team practise?

a. Three to six times a week.

b. Three to five times a week.

c. Three to four times a week.

2.2. How much pressure does Rachel feel to keep her weight down?

a. Very little. b. None. c. A Lot.

2.3. Who sets an example to the team?

a. Carla. b. Anne. c. Rachel

2.4. What part does she play in the team?

a. Coach. b. Head cheerleader. c. Advisor

2.5. How often does Rachel do extra workouts?

a. daily. b. weekly. c. monthly.

3. Say if the statements are true (t) or false (F).

a. People are not aware of the benefits of exercise.

b. People should exercise more.

c. Any kind of exercise is good.

d. Exercise contributes to the reduction of body fat.

e. If you exercise, you reduce the risks of diseases.

LIVEWORKSHEETS