

## Getting Ready



What do you do to keep fit? Match each goal on the left with the correct suggestion on the right. Compare your answers with a partner.

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 1. have a healthier diet ____     | a. do lots of sit-ups                |
| 2. tighten stomach muscles ____   | b. join a health club with a pool    |
| 3. put on weight ____             | c. eat less meat and more vegetables |
| 4. swim regularly ____            | d. lift weights every other day      |
| 5. get some outdoor exercise ____ | e. take up jogging                   |

## CD 2-7 Listening 1

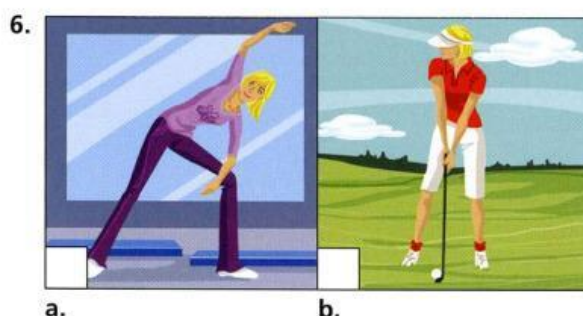
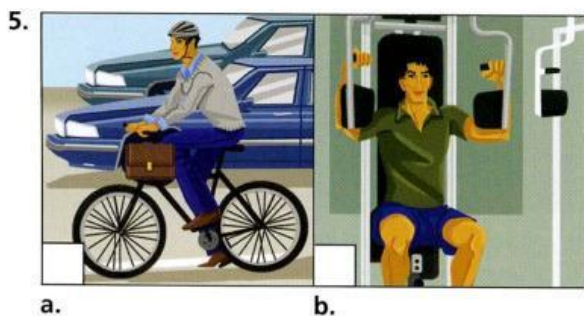
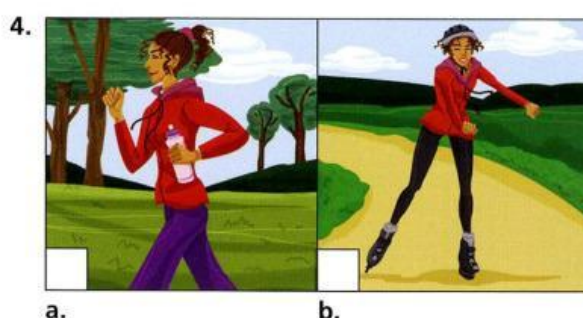
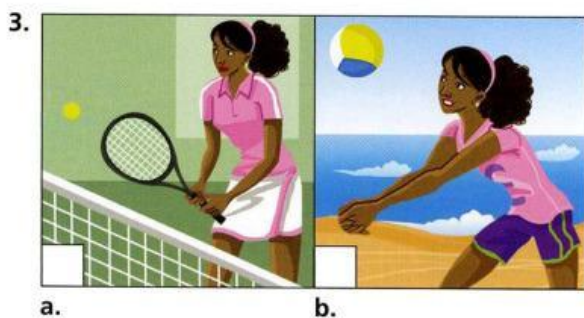
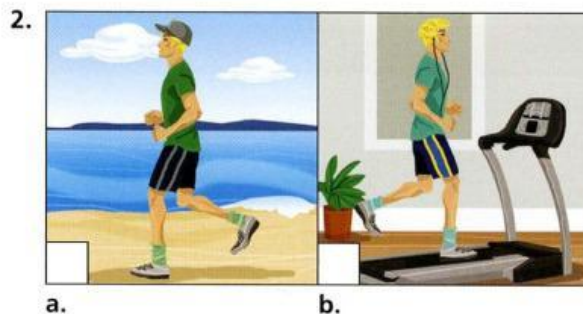
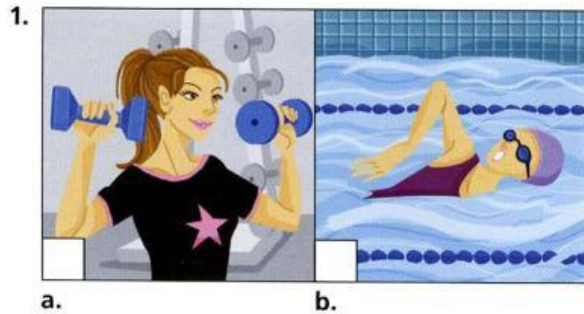
People are talking about New Year's resolutions. What is each person going to do? Listen and circle the correct answer.

- |                        |                       |                        |
|------------------------|-----------------------|------------------------|
| 1. a. do more exercise | 3. a. do more walking | 5. a. eat less meat    |
| b. put on weight       | b. take up jogging    | b. lose some weight    |
| 2. a. learn to swim    | 4. a. join a gym      | 6. a. take up jogging  |
| b. give up smoking     | b. put on weight      | b. start doing sit-ups |

## Listening 2

### CD 2-8 ▶ Task 1

Which kind of exercise does each person prefer now? Listen and check (✓) the correct picture.



### CD 2-8 ▶ Task 2

Listen again. Circle the reason each person likes the kind of exercise he or she does now.

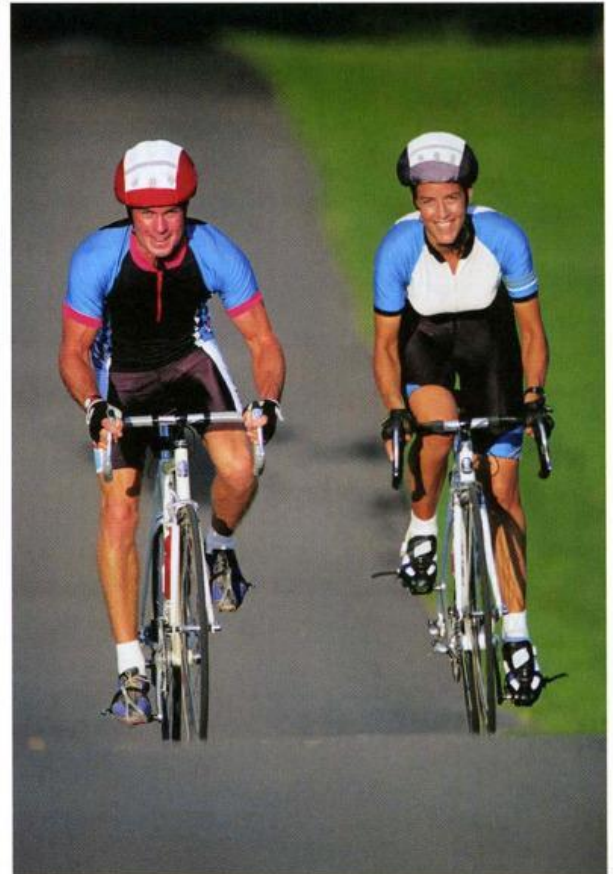
- |   |   |
|---|---|
| <p>1. a. It's not fun.<br/>b. It's a good place to meet people.</p> <p>2. a. He does it indoors.<br/>b. He listens to the ocean as he does it.</p> <p>3. a. It's fun.<br/>b. It's not easy to find a place to play.</p> | <p>4. a. It's easy to do it.<br/>b. She can do it almost anywhere.</p> <p>5. a. It took a short time to learn.<br/>b. He doesn't usually ride it on busy streets.</p> <p>6. a. It's cheap to do.<br/>b. It's not as easy as it looks.</p> |
|---|---|

# Listening 3

## CD 2-9 ▶ Task 1

People are talking about exercise. Listen and check (✓) the activities they do or do not do now.

	Does	Doesn't do
<b>1. Brandon</b>		
a. swimming	<input type="checkbox"/>	<input type="checkbox"/>
b. jogging	<input type="checkbox"/>	<input type="checkbox"/>
c. bicycling	<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Alicia</b>		
a. jogging	<input type="checkbox"/>	<input type="checkbox"/>
b. aerobics	<input type="checkbox"/>	<input type="checkbox"/>
c. weightlifting	<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Ian</b>		
a. tennis	<input type="checkbox"/>	<input type="checkbox"/>
b. golf	<input type="checkbox"/>	<input type="checkbox"/>
c. weightlifting	<input type="checkbox"/>	<input type="checkbox"/>
<b>4. Katie</b>		
a. weightlifting	<input type="checkbox"/>	<input type="checkbox"/>
b. swimming	<input type="checkbox"/>	<input type="checkbox"/>
c. jogging	<input type="checkbox"/>	<input type="checkbox"/>



## CD 2-9 ▶ Task 2

**Listen again.** What sport does each person want to try? Write the correct letter.

- |                 |             |
|-----------------|-------------|
| 1. Brandon ____ | a. swimming |
| 2. Alicia ____  | b. tennis   |
| 3. Ian ____     | c. biking   |
| 4. Katie ____   | d. golf     |