

✓ A ▶ 3:35 **LIS** **TEN FOR MAIN IDEAS** Listen to people talk about their fitness and eating habits. Check the box next to the name if the person exercises regularly.



Mark Newell



Rika Oinuma



Richard Clark

✓ B ▶ 3:36 **LIS** **TEN FOR DETAILS** Now listen again and check each person's habits.

	Mark	Rika	Richard
1 goes to a gym	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 takes exercise classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 exercises outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 avoids grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 avoids desserts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 avoids fatty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 eats smaller portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 eats a lot of seafood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 eats slowly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>