

LISTENING 1

PREPARING TO LISTEN

1 You are going to listen to a radio program about why some people live a long life. Before you listen, read the sentences. Complete the definitions with the correct form of the words in bold.

- 1 My grandmother is very healthy. She's never had a serious **illness**.
- 2 Research **proves** that exercising can improve your health.
- 3 I have a **habit** of eating chocolate in the evenings. I eat it almost every night!
- 4 He doesn't have an **unhealthy** lifestyle. He always exercises and eats fruit and vegetables.
- 5 Exercise is important to me, so I **work out** at the gym three mornings a week.
- 6 I'm a few pounds **overweight**. I should probably go on a diet.

a _____ (adj) not good for your health; not strong and well

b _____ (phr v) to exercise in order to make your body stronger

c _____ (v) to show that something is true

d _____ (n) a disease of the body or mind

e _____ (adj) being heavier than you want or than is good for you

f _____ (n) something that you do regularly