Listening

Listen to the podcast. Decide if the statements are true or false.

Sitting Too Much is the New Smoking



1. The speaker says that sitting makes your body burn calories faster.
2. Spending too much time sitting might make you put on extra kilograms.
3. You should get up and move around at least every half an hour.
4. Most people don't sit for more than five hours a day.
5. Sitting on a balance ball can help improve your posture.

Listen to the dialogue and match the statements to the correct sibling: Alison or Collin.

Treadmill Troubles

1. _____ argued that the treadmill was supposed to be theirs at 5 p.m.
2. _____ has an important sports event coming up.
3. _____ accidentally turned a clothing item pink.
4. _____ didn't label their food in the fridge.
5. _____ ate a meal that wasn't theirs.
6. _____ left their socks in the kitchen.
7. _____ is currently on the treadmill.

