

LISTENING

How do you keep fit?

Exercise 1

Listen to three people talk about their experiences with fitness and exercise, and for questions 1 to 6, choose the correct answer.

1. What does Rebecca think about joining a gym?
 - A. It's a waste of money.
 - B. It motivates her to exercise.
 - C. It doesn't provide enough variety for her.
2. What is Rebecca's advice about friends and exercise?
 - A. Make friends with people who like exercise.
 - B. Encourage your friends to exercise with you.
 - C. Don't be embarrassed about exercising alone
3. What caused Jeff to start exercising?
 - A. A new electric bike.
 - B. A new girlfriend.
 - C. A lack of money.
4. Since exercising more regularly, Jeff has
 - A. started appreciating nature more.
 - B. included exercise in his everyday routine.
 - C. taken up other sports too.
5. As a young man, Leo kept fit because
 - A. he was always worried about his health.
 - B. he was a member of various sports teams.
 - C. he had a generally active lifestyle.
6. Leo has found that exercising with other people has
 - A. had little impact on his fitness level.
 - B. introduced him to several new sports.
 - C. enabled him to return to his past fitness level.