

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.