

Unit 1.1: Upgrade your life

LISTEN

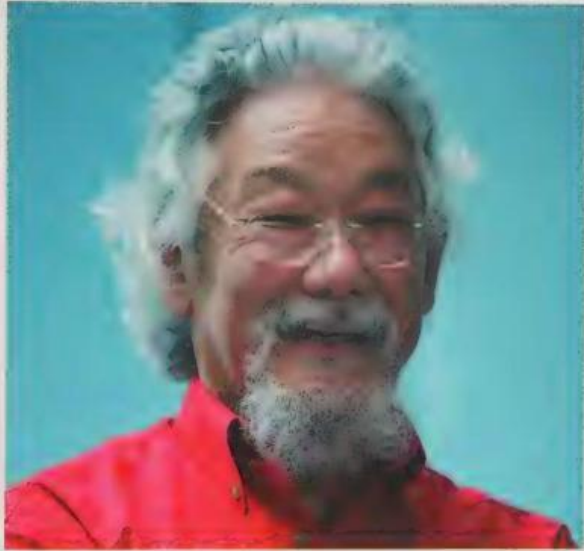
E **1.4** **1.1** **LISTEN FOR MAIN IDEAS** Read these summaries, then listen to the podcast. Choose the summary that describes the episode you heard.

AMANDA FORSYTHE • UPGRADE YOUR LIFE • AVAILABLE EPISODES

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|---|---|--|--|--|
| 1 | Eat Your Way to Weight Loss
Too good to be true? Limit what you eat twice a week, eat what you want on other days, and still lose weight. | | | |
| 2 | Daily Steps to Better Health
Got a free half hour? Discover the physical and mental benefits of going for a daily walk, especially outside. | | | |
| 3 | Time to Take a Stand
Are you a couch potato? You can improve your health by spending less time sitting and more time standing. | | | |

F **1.5** **LISTEN FOR DETAILS** Listen to segment 2 of the podcast and complete these profiles with details.

	Name	Mike Evans
	Nationality	Canadian
	Roles	1 Associate professor 2 broadcaster
	Idea	Walk for 3 minutes daily



Name David Suzuki

Nationality _____ 4

Roles _____ 5
Academic
Environmental activist

Idea Spend time in _____ 6

G **1.6** Listen to segment 3 of the podcast. Fill in the supporting evidence in these notes.

Study from _____ 1 in _____ 2

→ walking to work = _____ 3

Study of _____ 4 conducted by prof at Arnold

School of _____ 5 Health at U of S Carolina

→ lower fitness level = _____ 6