

You are going to hear an **interview with Mary, who follows a healthy lifestyle.**
Listen, and shade in the bubble next to the correct option.

1. Mary shifted to a healthier lifestyle because she felt _____.
 pressured by the society lazy and sleepless overweigh and ugly-looking
2. Mary's _____ advised her to read about the Kito diet meals.
 sister cousin friend
3. Mary is following the _____ diet.
 Kito Low-Carb Vegan
4. In her new lifestyle, Mary's favourite exercise is _____.
 going for a walk doing yoga jogging
5. Mary lost about 8 kilos of her weight in _____ months.
 2 3 4
6. Mary manages stress by _____.
 writing diaries playing video games calling her friends
7. Mary advises others, who consider similar changes, to _____.
 start small and be patient follow her routine take advise from others

