

DO YOU EXERCISE EVERY DAY?

A

Listen to the conversations. Number the pictures from 1 to 4.



B Listen again. Check (✓) True or False.

- | | |
|--|---|
| <p>1.</p> <p>1. The man goes on his own. <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>2. He doesn't lift weights. <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>3. It's crowded there on weekends. <input type="checkbox"/> True <input type="checkbox"/> False</p> | <p>3.</p> <p>1. The man does it on weekends. <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>2. He does it in the afternoons. <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>3. It makes him very hungry. <input type="checkbox"/> True <input type="checkbox"/> False</p> |
| <p>2.</p> <p>1. She plays three times a week. <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>2. The woman plays at a club. <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>3. She has lessons with a coach. <input type="checkbox"/> True <input type="checkbox"/> False</p> | <p>4.</p> <p>1. The woman plays twice a week. <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>2. The players are from her office. <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>3. Her team is not very good. <input type="checkbox"/> True <input type="checkbox"/> False</p> |

C How good is each activity at helping you stay fit? Complete the chart. Drag and drop the options.

- | | | | | | |
|----------|------------|---------|---------|----------|------------|
| aerobics | basketball | bowling | jogging | swimming | volleyball |
| baseball | bicycling | golf | soccer | tennis | yoga |

Excellent	Good	So-so