

A HEALTHY LIFESTYLE

Think of five important steps to maintaining a healthy lifestyle.

Listen to the conversation and answer the questions below.

1. What does the man want to do?
 - a) play basketball with friends from work
 - b) try out for the company baseball team
 - c) get in shape and compete in a cycling race
2. What is the woman's main concern?
 - a) She is worried her husband will spend too much time away from home.
 - b) She is afraid her husband will become a fitness freak.
 - c) She is concerned about her husband's health.
3. What is the woman's first suggestion to her husband?
 - a) He should see a doctor.
 - b) Her husband should start with a light workout.
 - c) Her husband needs to visit a fitness trainer.
4. What does the woman advise about the man's diet?
 - a) He should consume less salt.
 - b) He should eat less fatty foods.
 - c) He should add more protein products to his diet.
5. Why does the man's wife recommend cycling?
 - a) It is good for improving muscle tone.
 - b) It helps strengthen the heart.
 - c) It helps develop mental toughness.

Listen again and complete the gaps.

1. ... they're organizing a company basketball team, and I'm thinking about _____.
2. ...I just don't want you having a _____ running up and down the court.
3. ...Should I just abandon the idea? I'm not that _____.
4. ... and you need to watch your diet and _____ the fatty foods, like ice cream.
5. ... you should _____ a little weight training to strengthen your muscles or perhaps try cycling to _____ your cardiovascular system.
6. ...I just love you, and I want you to _____ for a long, long time.