

## DO YOU EXERCISE EVERY DAY?

### AudioScript

#### B

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

#### 1.

*Rick:* Yeah, I usually go there with a friend.

*Pamela:* Do you go every day?

*Rick:* No. Just two or three days a week.

*Pamela:* What machines do you use?

*Rick:* I usually start on the bicycle machine. Then I use the running machine for about half an hour or so. Then I lift weights.

*Pamela:* Do you go there on weekends, too?

*Rick:* No, I don't. It's usually pretty crowded on the weekends, so I don't go then.

#### 2.

*Will:* How often do you play?

*Karen:* I play every day if I can. We have a court in our apartment building. Do you play?

*Will:* No, I don't. But I want to learn.

*Karen:* Yeah, it's a terrific sport, and it keeps you very fit.

*Will:* I guess so! You do a lot of running when you're trying to hit the ball. Are you a good player?

*Karen:* I'm getting better. I work with a coach once a week. She's fantastic. She really helps me to play better.

#### 3.

*Shoji:* Do you do it every day?

*Karl:* Yes, I do.

*Shoji:* And on the weekend, too?

*Karl:* Yeah. I like to get up really early, around 5:00 A.M. I go out before there's any traffic on the road.

*Shoji:* How far do you run?

*Karl:* I usually go about ten kilometers a day.

*Shoji:* Wow! Do you enjoy it?

*Karl:* Yeah, I love it. Then when I get back home, I'm really hungry, and I have a huge breakfast.

#### 4.

*Sally:* Do you belong to a team?

*Maya:* Yes. I play on a team with some people from work. We play every Wednesday and Saturday.

*Sally:* Who do you play against?

*Maya:* There's another team from our office, and we usually play against them.

*Sally:* How good is your team?

*Maya:* We're very good! But I don't think we'll win the World Cup next year!

#### C

Listen again. Check True or False.

### Answers

#### A

Answers will vary.

#### B

2, 1, 4, 3

#### C

##### 1.

1. False    2. False    3. True

##### 2.

1. False    2. False    3. True

##### 3.

1. True    2. False    3. True

##### 4.

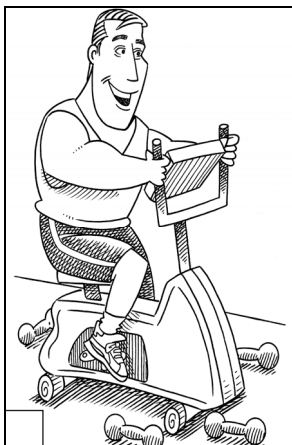
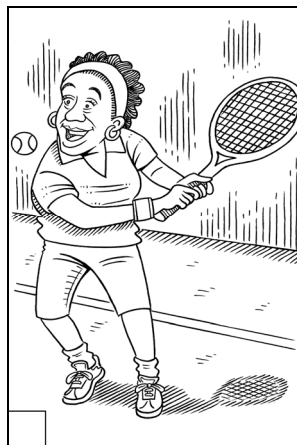
1. True    2. True    3. False

#### D

Answers will vary.

## DO YOU EXERCISE EVERY DAY?

**A PAIR WORK** Look at the pictures. Which activity is the best exercise?  
How often should you do it?



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

**C** Listen again. Check (✓) True or False.

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

**D PAIR WORK** How good is each activity at helping you stay fit? Complete the chart.  
Then compare charts with your partner.

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

Excellent	Good	So-so

A: Swimming is excellent. You move all parts of your body.

B: I agree.