

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.

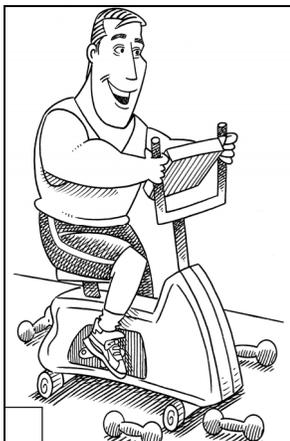
1. True 2. True 3. False

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.

- | | | | |
|---|--|--|---|
| <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>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>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>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> |
|---|--|--|---|

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.