

Sounds Good



Podcast 32



Jeff, Je Yeon, Rebecca, Xenia and Clare talk about fitness and how they stay in shape. What team sport does Xenia play with her friends? Who helps other people to stay in shape? Where does Clare like to run?

Listen again. Match the person with their country and the activity they do to stay in shape. Two activities are extra.

- | | |
|--------------------|--------------------------------------------------|
| A Korea | F runs on a running machine |
| B Taiwan | G was on the high school track team |
| C Australia | H teaches aerobics three times a week |
| D America | I goes to the gym with friends |
| E Canada | J enjoys listening to music while walking |
| | K plays soccer |
| | L jogs 5 km in 30 minutes |



The place where you work out can be called a gym, health club, fitness center or athletic club.

Name	Country	Exercise
1 Jeff	_____	_____
2 Je Yeon	_____	_____
3 Rebecca	_____	_____
4 Xenia	_____	_____
5 Clare	_____	_____



What do you think?

What is the best way to stay in shape?

Fun Fact

Some research shows that the scent of green apples may make you less hungry and can help you lose weight!

