Tapescript  Part 3 (9EL3)

Narrator: You are doing a project on staying healthy for your Social Studies class.

Listen to the responses from different people about how they keep fit and answer the questions. The recording will be played once only. You now have 30 seconds to read the questions. (music 30 secs.)

The recording will begin now.

Hello, I’m Paul
I love to go everywhere on my bicycle. I ride to the park, the corner shops, along the lakeshore, and, if I could, I’d like to use it to go to work. In fact, I’ve never owned a car, so without my bicycle, I would have to walk. (2 secs. pause)

Hello, I’m Linda
I usually tell my friends that I run two or three times a week. But to be honest, I’m not really a good runner. I walk for about twenty minutes, then run for about ten, and then walk for another thirty minutes. (2 secs. pause)

Hello, I’m Anna
I do my best to try and keep fit. For now, twice a week, I practise yoga, but that’s about it. However, next month, I will be joining a fitness club and will be swimming, playing volleyball and taking dance lessons. I’m really looking forward to that. (2 secs. pause)

Hello, I’m Peter
I really like running outdoors in summer to stay fit. But now that it’s getting colder, I go to the gym to run at least three times a week. I usually go there with my friends. I use the treadmill and the indoor track to keep exercising. (2 secs. pause)

Hello, I’m Charles
To stay fit, I walk a little and cycle to work every other day. It might not sound like much, but my office is actually on top of a hill. To get to the top takes me about forty-five to fifty minutes. (2 secs. pause)

Hello, I’m Jane
I like going to aerobics classes at least three times a week. It takes a while to get to the centre, but I don’t mind because my friends and I have a good time. We spend about three hours jumping, dancing and exercising to loud techno music.
**Narrator:** You have 30 seconds to check your answers. *(music 30 secs.)*

This is the end of Part 3.

This is the end of the listening paper.