

UNIT 23 REVIEW TEST LISTENING SCRIPT

- Roger:** Callie, there are soooo many health tips and advice out there. I feel like I'm not doing anything to be healthy.
- Callie:** Really? You quit smoking a couple of years ago, and you look so much better. I thought you started eating healthy then, too.
- Roger:** I did quit, that's true. And I did *start* eating healthy. But after a few months, I began drinking things like soda, which has a lot of sugar. I never liked soda before, but because I wasn't smoking, I felt I needed something to do. I kinda missed smoking.
- Callie:** Yea, you have gained some weight after quitting. And lots of sugar definitely isn't good for you. I heard a report today that suggested reducing the amount of sugar in your diet because it can lead to serious weight gain.
- Roger:** Yea, well, everyone knows that. But not everyone completely avoids eating sugar.
- Callie:** Yes, but they do eat less. What about exercise? You can be healthier that way.
- Roger:** I enjoy playing basketball, but I don't have anyone to play with. Also, exercising like that is hard for people who are my age. I could get hurt.
- Callie:** Running or swimming might be good for you then. Why don't you do that?
- Roger:** I really dislike exercising alone. Maybe I'll try something like tennis. But it seems so boring. And I don't know if I can learn another sport at 42 years old!
- Callie:** Well, there's not much I can do for you. Consider being more active. If not, you'll risk having major health issues in the future. I gotta run now. I'm late for my workout with Ju-Ho. Talk to you later, Roger.
- Roger:** Thanks for sharing your ideas with me. Bye Callie.