

UNIT 26 REVIEW TEST LISTENING SCRIPT

Viola: Hey, Brent! How're things?

Brent: Hi, Viola. Things are going well. Though I just went to the doctor and she's told me to start thinking about my health more.

Viola: Your health? Really? You look fine to me. You're thin and young. What could be wrong?

Brent: Well, I have high blood pressure for my age and a family history of heart disease, so that puts me at risk for heart problems. She advised me to start exercising more and to watch what I eat. She said to eat less breads and sugary foods and ...

Viola: Oh wow, I didn't know that you had a family history of heart disease ... I guess it's a good thing that your doctor told you to do all those things. I also didn't realize that you didn't exercise.

Brent: Well, I *do* exercise sometimes, but apparently not enough. My doctor says to work out for at least 45 minutes, three to four times a week. I was doing about half that—maybe 30 minutes, twice a week.

Viola: I see. What sort of exercise do you do?

Brent: I jog.

Viola: Jogging, huh? A friend of mine who's a doctor said that jogging is good for young people, but as you get older, she says to do more low-impact exercise, like swimming or cycling. Jogging can be harmful to your legs, especially your knees as you get older.

Brent: I'm only 29—I'm not that old!

Viola: Well, you won't be 29 forever. It might be good to start enjoying a low-impact exercise so that you can keep doing it later in life, don't you think?

Brent: Maybe, but my doctor told me to jog more. She didn't say anything about switching exercise routines.

Viola: Well, is your doctor an orthopedist? You know, a bone and muscle doctor?

Brent: An orthopedist? No. She's just a regular doctor.

Viola: My friend's an orthopedist. Maybe you should talk to her.

Brent: Yea, we'll see. First, I'm going to start exercising more and eating healthier.

Viola: Good idea. Let's start now. Where should we go for lunch?