

MIDTERM TEST LISTENING SCRIPT

Joe: I'm getting old, Amani.

Amani: Joe—you are not old. You're only thirty.

Joe: No, really, my doctor says I'm getting old. I went to see her the other day 'cos I had been experiencing some back pain, and so she performed a routine check-up on me. Apparently, I've got high blood pressure. She said that since I'm getting older, I need to start taking better care of my body. She told me to start exercising more regularly and to stop eating so many foods that contain high amounts of sugars and carbohydrates.

Amani: Well, I could've told you that! You really do eat poorly. What about your back pain?

Joe: Oh, yea. So I told her it might have been the result of a cycling accident I'd had a few weeks prior to my visit. I explained that I hadn't had the back pain immediately, but the doctor said that an accident-related problem can develop months later. Even so, she was unconvinced that the accident was the cause because back pain is most often the result of habitual activity. Anyway, since I said it hadn't been too severe, she didn't refer me to a specialist. Apparently sitting in front of a computer all day without physical activity can cause chronic pain, so she insisted that I stretch more, and recommended doing yoga a few times a week.

Amani: That sounds like a terrific idea. I was thinking about getting into yoga myself actually. We could do it together, you know? That studio just down the block might be good for us—it's in between both of our apartments.

Joe: Ehh, I don't know, Amani. Let me think about it for a little bit before I commit to joining a yoga studio.

Amani: You're such a procrastinator! I'm not saying we have to *join* the studio, I'm just saying it would be a good idea to get some information on classes, see what the studio is all about.

Joe: Amani, I think I know you better than that. The minute the people at the studio offer to give you some sort of reduced fee for joining immediately, you are going to accept. And

then you'll force me to join. By the time we leave, we'll have purchased year-long memberships, yoga equipment, and who knows what else they have to sell!

Amani: Well, you shouldn't let yourself be so easily persuaded, Joe! Come on! Let's go check it out. I promise not to register for any classes or anything like that.

Joe: Hmmm... I'll do it under one condition.

Amani: What's that?

Joe: You take me out for pizza afterwards.

Amani: Deal! Wait... you're not supposed to be eating any more junk food, right?

Joe: Pizza isn't junk food! You can have a pizza made with healthy toppings like onions, eggplant, peppers—

Amani: Joe, the amount of oil that's contained in one slice of pizza, even the 'healthy' pizza, is like double the amount you're supposed to consume daily. How about we go to that gourmet salad bar, which is located right next to the yoga studio!

Joe: Ha. OK. I give up.

Amani: I wouldn't consider it to be giving up. It's more like "letting go." You're abandoning your unhealthy lifestyle and are allowing yourself to be surrounded by healthier living!

Joe: Whatever, Amani. Let's just take a look at this yoga studio first...