

## Listening (Script)

**Brian.** My name's Brian. I love football and I play a couple of times a week. I was overweight, not very much, you know, but a few kilos. I suppose my diet wasn't very healthy. I drank a lot of sweet drinks like cola and fizzy orange. I ate a lot of snacks, too – chocolate and crisps and things like that. Six months ago, I changed all that. My dad had heart problems and I got worried, too. I didn't go on a diet or anything, and I still like my food, but I've lost about six kilos. I usually drink water now, not soft drinks, and I eat more fruit. When I'm hungry and I want a snack, I just have an apple or a banana.

**Zara.** My name's Zara. I don't like sport very much and I hate jogging and running. But last term I got into yoga. Classes for teenagers started in our local sports centre and I decided to try it. It was strange at first and I was a bit bored. But after a few classes I really got into it. Now I go to classes twice a week and I do yoga at home, too. I feel a lot more relaxed than before. Last year, I had a lot of stress because of exams at school and personal things. This year, it's easier and after yoga I sleep better, too.

**Dan** My name's Dan. Last year I started rowing. Before that, I didn't do much exercise. I can't stand PE classes at school, or football. The only football I like is on computer games! I'm really into computer games and I still play a lot, but when I was fourteen, I didn't do anything else, sometimes till late at night. It was a bad habit and I felt tired all the time. Really tired. I just didn't have any energy. I started rowing because my uncle's in a club. I went along with him once and really loved it. Now I'm in the club, too and I go rowing three times a week. I feel fitter now and I've got more energy. I'm also a lot happier.