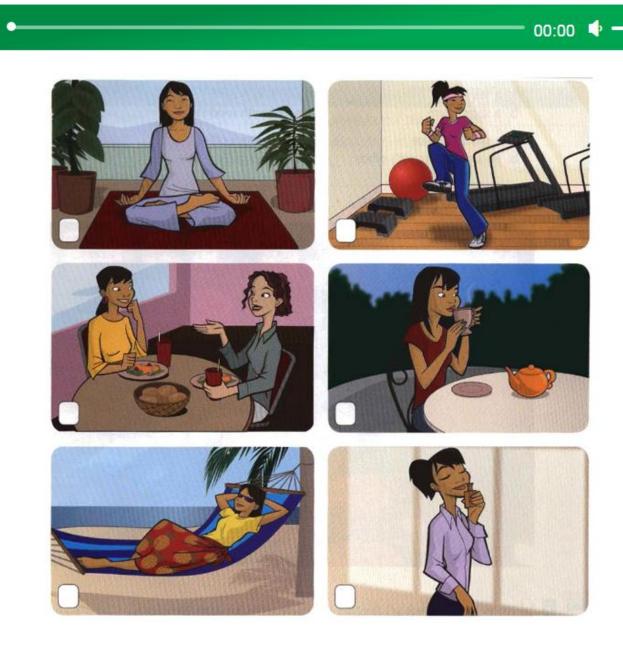A Listen. Mia is feeling stressed out. What activities does her friend suggest? Number the activities from 1 to 5. (There is one extra activity.)
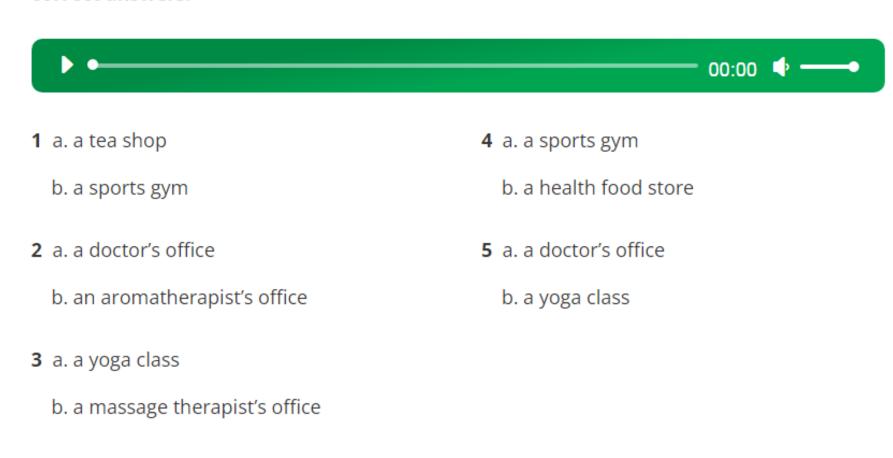

00:00

B Listen again. Will Mia follow her friend's suggestions? Check (✓) yes or no.

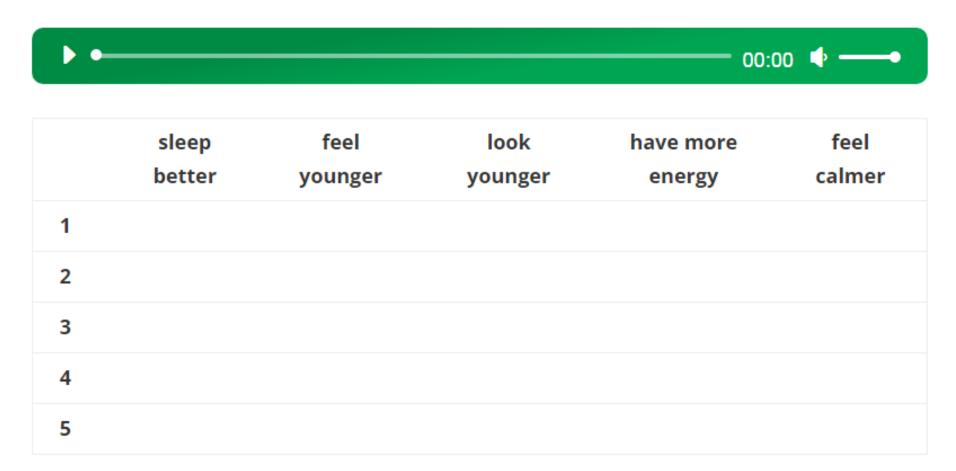|	yes	no
1		
2		
3		
4		
5		

Listening task 2: What's it good for?

A Listen. People are talking about health and relaxation. Where are they? Circle the correct answers.

[▶ ●――――――――――――――――――――――――――――――――― 00:00 🔊 ●――●]

1 a. a tea shop

b. a sports gym

2 a. a doctor's office

b. an aromatherapist's office

3 a. a yoga class

b. a massage therapist's office

4 a. a sports gym

b. a health food store

5 a. a doctor's office

b. a yoga class

B Listen again. Check (✓) the two health benefits for each technique.

▶ ────●──────────────────────────────── 00:00 🔊 ───●

	sleep better	feel younger	look younger	have more energy	feel calmer
1					
2					
3					
4					
5					

Listening task 3

Listen. Circle the correct answers.
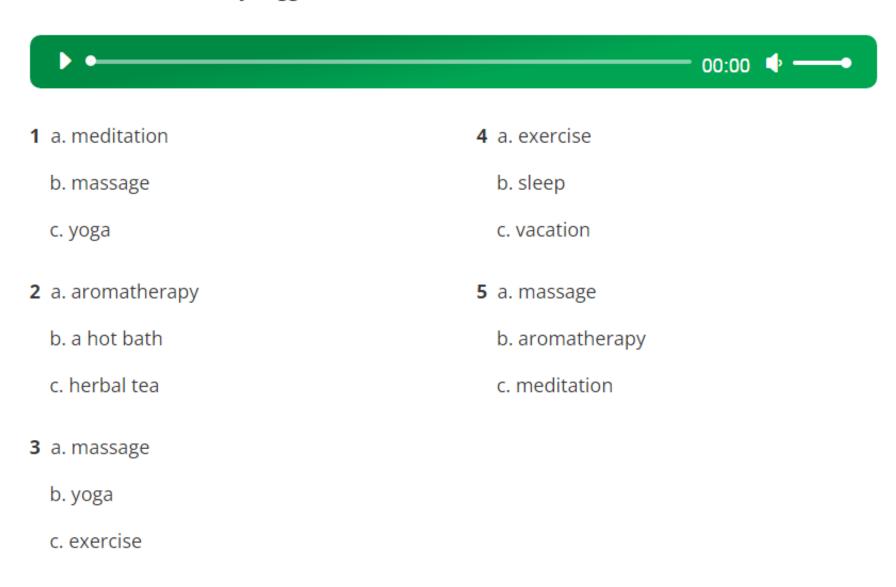
▶ ●————————————————— 00:00 🔊 ——●

1 The people are

    a. a doctor and a patient.

    b. brother and sister.

    c. two friends.

2 The people are

    a. at a relative's house.

    b. outside a store.

    c. at the park.

3 Andy exercises because he wants to

    a. have more energy.

    b. feel younger.

    c. look younger.

4 Sarah is

    a. an aromatherapist.

    b. a student.

    c. a massage therapist.

5 Andy will probably

    a. never have a massage.

    b. stop jogging.

    c. try getting a massage.

Listening task 4

A Listen. People are talking about ways to relieve stress and other health problems. What activities do they suggest? Circle the correct answers.

`[▶] ──────────────────────── 00:00 🔊 ──────`

1 a. meditation

b. massage

c. yoga

2 a. aromatherapy

b. a hot bath

c. herbal tea

3 a. massage

b. yoga

c. exercise

4 a. exercise

b. sleep

c. vacation

5 a. massage

b. aromatherapy

c. meditation

B Listen again. Will the people follow the suggestions? Check (✓) yes or no.

[audio player 00:00]

	yes	no
1		
2		
3		
4		
5		