

## ActiveBook Listening Comprehension Audioscript

### Unit 6

#### A. True / false

I'm Matt Lemke . . . To stay in good shape, I ride my mountain bike with my friends at least three times a week. We go riding up and down the steep hills near my home—so it's pretty challenging. But it doesn't feel like exercise—it's a lot of fun. I also go to the gym four times a week to lift weights. With so much exercise, I can actually eat a lot of food and still stay thin! Even so, I am still careful to avoid fried foods or any type of food that's high in fat. I also drink a lot of water every day. And I try to get enough sleep.

#### B. Fill in

##### Conversation One [B = Chinese]

**A:** When do you usually eat breakfast?

**B:** Me? I never eat breakfast. No time.

##### Conversation Two

**A:** Where's Tony? He usually goes swimming on Mondays, doesn't he?

**B:** Usually. But he has to pick up his mom from the airport tonight.

##### Conversation Three [A = U.S. regional]

**A:** Do you have to pig out on all that junk food? It's bad for you!

**B:** Hey, you know I almost always eat healthy stuff.

**A:** That's true. But it's really kind of gross.

##### Conversation Four [A = Lithuanian]

**A:** So how much time do you spend at the track?

**B:** Oh, I run for about thirty minutes or so.

**A:** Every day?

**B:** Yup.