

# 3000/Lesson 5



## **READING**

Read out loud the transcription of the dictation:

Regular exercise affects almost every cell in the body. In addition to weight loss, exercise can promote a sharper mind, better sleep, minimize depression and anxiety, strengthen muscles and bones, or reduce the risks of heart disease, stroke and diabetes.

## **LISTENING**

Watch 2 minutes ☺ of the video. Try to retell the footage in your own words and answer the questions below.

[https://www.youtube.com/watch?v=bA\\_2AgU05L4](https://www.youtube.com/watch?v=bA_2AgU05L4)

What is Arnold's definition of the routine?

Where is his bike?

Can you name any kind of the workout that he does?

## **Remember from the context:**

mindset

habit

to invent new words

snappy

foundation (to a house, to anything)

feed the animals

to mount, mounted at the back of a car

gym

deltoid

chest

abs

ritual

## TRANSCRIPTION OF THE CONVERSATION

### **Answer the questions**

1. Do you need anyone's permission to go out?
2. Are you able to bend a fork?
3. Have you read anything by Shakespeare?
4. What's the color of your pants that you are wearing now?
5. What months are included in winter?
6. What are you most proud of?
7. Do you watch any TV series regularly?
8. Are you afraid to walk in the dark?
9. Do you have fair hair?
10. Can you describe any of your lamps?



### **And now create questions from following words:**

hope

public

natural

where

know