

541 Weight Loss

Ruth: Akane, I hope you don't _____ (thinking / think) I'm being rude, but you look amazing. Have you _____ (lose / lost) weight?

Akane: _____ (Actual / Actually), I have.

Ruth: Wow. How _____ (did / do) you do it?

Akane: Well, I've been really _____ (eating / eat) healthy and working out a bit _____ (is / as) well.

Ruth: Wow. I read _____ (recently / recent) actually in the newspaper that there are lots of new gyms _____ (opening / opens) up. Is that what you've been doing, going to the gym?

Akane: Ah, yeah, actually. I _____ (joining / joined) a new gym. It wasn't that _____ (expensive / expansive) either, and it's been really good.

Ruth: So, how _____ (many / much) was it?

Akane: It was _____ (about / above) \$30 a month.

Ruth: So, _____ (what / when) you go to the gym, what kind of things do you do?

Akane: Well, my favorite thing to do is to _____ (run / running) on the treadmill, and sometimes I also do _____ (waits / weights).

Ruth: You do weights as _____ (will / well)? Really heavy weights?

Akane: No just lighter _____ (one / ones).

Ruth: Oh, I _____ (sea / see).

Akane: Yeah.

Ruth: So, do you mind the fact when _____ (your / you're) in the gym the air is really stuffy and you can always _____ (small / smell) people's sweat? Does that not _____ (brother / bother) you?



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Akane: It does actually bother me, so I do _____ (preference / prefer) to go when it's not too crowded.

Ruth: Of _____ (course / coarse), yeah.

Akane: People _____ (kind / tend) to go after work, so I try to go a little bit _____ (earlier / early) or a little bit later.

Ruth: That's a good _____ (plane / plan). But you know, sometimes I still _____ (wonderful / wonder) if it's healthy to exercise inside because if you exercise outside, you can get more _____ (fast / fresh) air.

Akane: I think you're right about that. It does feel _____ (better / bitter) when I do get exercise outside, but sometimes I'm so busy, and if the _____ (whether / weather's) not good, it's just easier to go the gym.

Ruth: Well, I suppose ____ (to / so).

Akane: Yeah, and a _____ (least / little) exercise inside is better than _____ (not / no) exercise.

Ruth: You're right, _____ (actual / actually).

Akane: So if I want to _____ (lost / lose) weight, what would you _____ (recommendation / recommend)?

Ruth: Basically, just exercise within your _____ (limits / limit) and eat healthy.

Akane: I think it's just common _____ (sense / since).

Ruth: Really? _____ (Than / Then), you think I'll lose weight?

Akane: For sure. I think so, but I don't know _____ (who / what) you're talking about. You _____ (definitely / definite) don't need to lose weight.

Ruth: Well, that's _____ (kindly / kind) of you, Akane. OK, _____ (thanks / thank).



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Ruth: Akane, I hope you don't _____ (think / thinking) (**think**) I'm being rude, but you look amazing. Have you _____ (lose / lost) (**lost**) weight?

Akane: _____ (Actually / Actual) (**Actually**), I have.

Ruth: Wow. How _____ (did / do) (**did**) you do it?

Akane: Well, I've been really _____ (eat / eating) (**eating**) healthy and working out a bit _____ (is / as) (**as**) well.

Ruth: Wow. I read _____ (recently / recent) (**recently**) actually in the newspaper that there are lots of new gyms _____ (opens / opening) (**opening**) up. Is that what you've been doing, going to the gym?

Akane: Ah, yeah, actually. I _____ (joined / joining) (**joined**) a new gym. It wasn't that _____ (expansive / expensive) (**expensive**) either, and it's been really good.

Ruth: So, how _____ (much / many) (**much**) was it?

Akane: It was _____ (about / above) (**about**) \$30 a month.

Ruth: So, _____ (what / when) (**when**) you go to the gym, what kind of things do you do?

Akane: Well, my favorite thing to do is to _____ (running / run) (**run**) on the treadmill, and sometimes I also do _____ (waits / weights) (**weights**).

Ruth: You do weights as _____ (well / will) (**well**)? Really heavy weights?

Akane: No just lighter _____ (one / ones) (**ones**).

Ruth: Oh, I _____ (sea / see) (**see**).

Akane: Yeah.

Ruth: So, do you mind the fact when _____ (you're / your) (**you're**) in the gym the air is really stuffy and you can always _____ (smell / small) (**smell**) people's sweat? Does that not _____ (brother / bother) (**bother**) you?



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Akane: It does actually bother me, so I do _____ (prefer / preference) (**prefer**) to go when it's not too crowded.

Ruth: Of _____ (coarse / course) (**course**), yeah.

Akane: People _____ (kind / tend) (**tend**) to go after work, so I try to go a little bit _____ (earlier / early) (**earlier**) or a little bit later.

Ruth: That's a good _____ (plan / plane) (**plan**). But you know, sometimes I still _____ (wonder / wonderful) (**wonder**) if it's healthy to exercise inside because if you exercise outside, you can get more _____ (fast / fresh) (**fresh**) air.

Akane: I think you're right about that. It does feel _____ (better / bitter) (**better**) when I do get exercise outside, but sometimes I'm so busy, and if the _____ (weather's / whether) (**weather's**) not good, it's just easier to go the gym.

Ruth: Well, I suppose _____ (so / to) (**so**).

Akane: Yeah, and a _____ (little / least) (**little**) exercise inside is better than _____ (no / not) (**no**) exercise.

Ruth: You're right, _____ (actual / actually) (**actually**).

Akane: So if I want to _____ (lost / lose) (**lose**) weight, what would you _____ (recommendation / recommend) (**recommend**)?

Ruth: Basically, just exercise within your _____ (limit / limits) (**limits**) and eat healthy.

Akane: I think it's just common _____ (since / sense) (**sense**).

Ruth: Really? _____ (Then / Than) (**Then**), you think I'll lose weight?

Akane: For sure. I think so, but I don't know _____ (what / who) (**what**) you're talking about. You _____ (definitely / definite) (**definitely**) don't need to lose weight.

Ruth: Well, that's _____ (kindly / kind) (**kind**) of you, Akane. OK, _____ (thanks / thank) (**thanks**).



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