

Texto Tipo: Programa de Televisión / TV Show

Texto Oral

Listening Text

(Script)

Claudia: Morning, dear friends and welcome to our program Keep Fit.

First listen to the five "golden rules" to get fit and stay healthy:

- i. Always wear loose and comfortable clothes when you are exercising.
- ii. Do some warming up exercises first.
- iii. Never try to do much exercising too soon.
- iv. Don't forget to relax completely for five minutes when you have finished your workout.
- v. Stop immediately if you feel any pain in your chest, throat, neck or head.