

EVOLVE LEVEL 5 Final Test A

LISTENING 2

- Host:** On today's show, we're talking to Gustavo about how apps have changed his life. Gustavo, welcome.
- Gustavo:** Thanks. I'm very happy to be here.
- Host:** Gustavo, tell our listeners a little about your life before you started using apps.
- Gustavo:** OK. I was the laziest person on earth. No, seriously, I was really lazy. I would never exercise. I used to just watch loads of movies on TV all day long. Some days, I didn't even leave the house.
- Host:** That doesn't sound like a healthy way to live. Were you happy?
- Gustavo:** I thought I was happy. Now I realize I wasn't. And you're right, it was unhealthy. I didn't even eat well. I used to order all my food online and have it delivered – pizzas, burgers, more pizzas, maybe Chinese food now and again ... and I only ever drank soda, never water. Things were pretty bad, I must admit.
- Host:** And then you discovered various different apps?
- Gustavo:** Yes, and my life changed overnight. I was sitting on my couch, playing around with my phone, and I noticed an app that tracks what you eat. Then, I found another app that tracks how much you exercise. Next, I came across an app that monitors your sleep, and so it just all kind of grew from there.
- Host:** Our listeners can't see you, obviously, but you do look extremely fit and well.
- Gustavo:** Thanks, I am. The old Gustavo doesn't exist. If only I'd discovered this stuff years ago! If I could go back in time and change that, I'd be really happy. But life is good so I don't have too many regrets.
- Host:** Thank you for talking to us today, Gustavo.