

EVOLVE LEVEL 6, FINAL TEST B

LISTENING B

- Megan** Hi, Jacob! Congratulations on your new job in the city! How are you feeling about it?
- Jacob** I'm pretty excited, but I'm a bit worried about how I'm going to stay in shape, sitting down all day, and obviously downtown is more polluted than here in the suburbs.
- Megan** Well, you should take public transportation rather than driving. If you are commuting a long distance, you could get off the bus three stops earlier and walk the rest. That would save you some money, too. And avoid using elevators and escalators. Going up steps will give you a good workout.
- Jacob** I'm sure I'll be able to find a gym downtown, too. What if my colleagues want to hang out at fast food restaurants after work?
- Megan** I think it's important that you socialize with your colleagues, especially at the beginning, but you don't have to eat with them. Just have a coffee instead. Alternatively, you could find some like-minded colleagues and find healthier places to eat with them.
- Jacob** I'm worried that if I am busy at work, I'll be driven to eat fast food because it's the only thing I can fit into my short lunch break.
- Megan** Be careful. If you start eating fast food, it will increase your cholesterol levels. Why don't you plan ahead and bring healthy snacks to work, like nuts and fruit, to snack on while you're working. Then get away from the office at lunchtime, even if you just grab a healthy smoothie and walk around the block.
- Jacob:** What about the air pollution?
- Megan** Unless you want to wear a mask, I would try eating more anti-oxidant rich foods like fruit, nuts, and dark chocolate. They will help protect you from the effects of pollution.
- Jacob** I like the idea of more chocolate! Thanks, Megan!