

Directions: Students listen to the instructor read the dialog aloud a few times. Students practice the dialog with the instructor and then with a partner. Students can choose different answers from the box or make up their own.

**Alana:** Hi Rosa. You look great! What's new?

**Rosa:** Thank you. I started walking four days a week for 30 minutes.

quit smoking.

started dancing two nights a week.

started riding a bike to school.

quit eating at fast food restaurants.

started swimming at the YMCA pool.

started eating more fruits and vegetables.

started strength training with weights.

have been climbing stairs for 15 minutes a day.

joined a group to help me quit drinking too much.