A healthy lifestyle

Activity 2B & 2C (CD 2 Tracks 9 & 10, 4 minutes)

First, Kris.

Greg: Welcome to “How Can I Help?” – where you ask me, Greg Hunter, for advice with your problems. Our number is 555-1234. Roz, who is our first caller?

Roz: Well, Greg, our first caller is Kris, and she's on line one.

Kris: Hi, Greg. Um... I want to lose weight. My problem is that I always eat between meals. I... uh...well, I can’t control myself, and I don’t know what to do. Oh-ho, I’m always hungry, and I love candy!

Greg: Ah-ha, now what do you have for breakfast?

Kris: Uh...well...uh...just coffee.

Greg: Well, see, Kris, that’s your first mistake. You should eat a good breakfast every morning – it’s so important. And what is it you snack on between meals?

Kris: Hmm...uh...candy, usually.

Greg: Now, see, that’s awful! I...if you feel hungry between meals, eat fruit. Have an apple or an orange, but please don’t eat candy!

Kris: Ah...oh...OK. You’re right. I’ll try to do that but, oh-ho, i-it’s going to be hard!

Greg: Talk to your boss. Tell him –

Tim: Ah, her!

Greg: OK, tell her that you can’t work such long hours.

Tim: You don’t know my boss. That’s impossible . . .

Greg: . . . Tim? Oh, Tim?

Roz: I think we lost him, Greg.

Finally, Jill.

Greg: OK. Who’s next, Roz?

Roz: Well, we have time for just one more caller;

Greg: It’s Jill – line two.

Greg: Go ahead, Jill. How can I help?

Jill: Oh, well, I have a lot of stress in my life, Greg. I get a lot of headaches.

Greg: And can you tell me when you get these headaches?

Jill: Oh, well, every little problem gives me a headache. It’s terrible.

Greg: Well, Jill, do you play any sports or do any exercise?

Jill: Ah, not really. I don’t have time.

Greg: Well, you really should make time – to go for a long walk at least, say, three times a week.

Jill: Well, I really don’t have much free time.

Greg: Well, you need to learn to relax. Like...uh...if you have a problem, take a deep breath and close your eyes. Think about happy things.

Jill: OK, I’ll try. I know you’re right. Thanks, Greg.

Greg: You’re welcome, Jill. OK, Roz, listeners, time’s up. Join us again next week for “How Can I Help?”