

Fitness Routine

Level: B1 Topic: Health and Fitness

Emma has recently started a new fitness routine to improve her health. She goes to the gym three times a week and enjoys different types of exercises. Her favorite activities are yoga and cycling. Emma believes that staying active is important for both physical and mental well-being. She also follows a balanced diet, including fruits, vegetables, and whole grains. Emma tracks her progress using a fitness app, which helps her stay motivated. She enjoys sharing her achievements with friends and encourages them to join her in her workouts. Emma feels more energetic and happier since she began her fitness journey.

Questions

1. How often does Emma go to the gym?

- A) Once a week
- B) Twice a week
- C) Three times a week
- D) Every day

2. What are Emma's favorite activities?

- A) Running and swimming
- B) Yoga and cycling
- C) Dancing and hiking
- D) Weightlifting and boxing

3. What does Emma include in her diet?

- A) Fast food
- B) Fruits and vegetables
- C) Sugary snacks
- D) Frozen meals

4. What does Emma use to track her progress?

- A) A notebook
- B) A fitness app
- C) A personal trainer
- D) A calendar

5. How does Emma feel since starting her fitness journey?

- A) More energetic and happier
- B) More tired and stressed
- C) Bored and uninterested
- D) Sick and unhealthy