

Ken: Hey, what's up?

Jun: Not much. Actually, I'm planning to lose weight and get leaner.
I've put off this plan for too long. I'm so out of shape.

Ken: When are you gonna start that?

Jun: I always keep delaying things, so I gotta make up my mind now.
I'll sign up for a gym membership and start working out today.

Ken: Sounds good. Hitting the gym is probably the first step.
By the way, do you avoid junk food?
You know, they contain a lot of fats.

Jun: Actually, I used to snack a lot, but not so much anymore.
But, I can't help eating some chocolate
every once in a while though.
I know it is a guilty pleasure.

Ken: Same like me. But these days, I eat fruits and veggies instead.
And I usually opt for some kind of salad to form a healthy
eating habit. Maybe you should try it out.

Jun: Sure, sounds good.

1. Do you have anything that you keep putting off?
2. What did you decide recently?
3. Do you have any bad habit you would like to change?

Vocabulary & Expressions

- I wanna get in shape before the summer.
- My arms are so flabby.
- He has six-pack abs.
- He has toned legs.
- I'm unfit.
- I did 50 push-ups yesterday.
- I did 5 minutes of sit-ups this morning.
- What are you working on?
- I like to listen to music while working out.
- I usually go to gym every other day.
- I want to know how to lose weight.
- Extend your arms and flex your wrists.
- I worked on my biceps today.
- Could you show me how to work on your abs?

