

BBC

Speak out

3RD EDITION

B1+



Anna Richardson

Workbook



Lesson 1A

GRAMMAR | narrative tenses

VOCABULARY | describing possessions; materials

PRONUNCIATION | auxiliary verbs: weak forms

VOCABULARY

describing possessions

1 Choose the correct words to complete the texts.

One of my favourite possessions is my travel bag. It's made of soft brown ¹**wood** / **leather** and it's about thirty years old. It was a birthday present from my parents. Each time I use it, it reminds me of past journeys and the adventures I had when I was young. It's a bit ²**damaged** / **genuine** now and it isn't ³**special** / **worth** a lot, but it's very ⁴**special** / **inherited** to me.

My favourite item of clothing is a ⁵**genuine** / **worth** Mary Quant dress from the 1960s. It ⁶**inherited** / **belonged** to my mother and I ⁷**inherited** / **damaged** it from her – she was a fashion model in the 1960s and had lots of amazing clothes. It has a bright orange design. I think it's really ⁸**leather** / **cool**!

materials

2A Choose the correct word to complete the sentences.

- The house was at the end of a long drive with large gates.
a iron b rubber c glass
- She was wearing black jeans and a light blue, jacket.
a stone b silver c denim
- I always take my own bag to the supermarket instead of using a one.
a rubber b wood c plastic
- Lin doesn't wear any jewellery apart from a chain his mother gave him.
a rubber b gold c denim
- Chris lives in an old house with beautiful floors.
a stone b iron c rubber
- I bought some new knives last week. They're really sharp.
a steel b leather c diamond

B Complete the sentences with the words in the box.

cotton diamond glass rubber silver wood

- Petra's engagement ring is gold with a big
- This new ball I bought for the dog bounces high.
- Their school uniform is black trousers and a white shirt.
- Our table is made of taken from a local forest.
- His ring is made from, not gold.
- The in this window is difficult to see through.

GRAMMAR

narrative tenses

3A The sentences below have a mistake. Choose the best option to correct the mistake.

- Freddie was on his way to the airport when he realised he wasn't bringing his passport.
a didn't bring b brought c hadn't brought
- When I was a student, I work as a waiter in a Greek restaurant.
a had worked b am working c worked
- While I travelled around Mexico, I met my best friend.
a was travelling b am travelling c had travelled
- I getting the bus to work yesterday morning because it was raining heavily.
a had got b got c am getting

B Complete the story with the correct form of the verbs in brackets.

A few years ago, I cycled from London to Istanbul! I ¹ (just / finish) university and I ² (try) to decide what to do next. I had the idea one evening while I ³ (watch) a TV programme about a chef who travelled from Italy to Turkey by boat. I ⁴ (never / make) a long journey on my bike before, but I thought a bike trip would be a great way to spend the autumn!

I set off at the end of August and ⁵ (arrive) in Istanbul in November. It was an amazing experience – I ⁶ (meet) lots of interesting people and saw some fantastic places. My favourite part of the trip was cycling along the River Danube in Austria – it was the most beautiful place I've ever been.

There were challenging parts of the trip, too. Sometimes I felt lonely or bored of camping. One night, while I ⁷ (camp) near Budapest, there was an enormous storm and my tent ⁸ (blow) away! That was definitely the worst part of the trip.

In November, while I was cycling into Istanbul, I suddenly ⁹ (realise) that my trip was almost over and I ¹⁰ (not want) it to end.

PRONUNCIATION

4 1.01 | auxiliary verbs: weak forms | Listen and complete each sentence with two words.

- They in Argentina.
- I realised I my passport.
- Eunho around the USA.
- They the film already.
- We in a small flat.
- My sister me the camera.
- She Spanish at university.
- He to Paris three times before.

LISTENING

5A  **1.02** | Listen to the introduction to a radio programme. What is the programme about?

- a Possessions that people have had for a long time.
- b Things that people find hard to throw or give away.
- c Why people shouldn't have too many possessions.

B  **1.03** | Listen to the whole programme. Match the callers (1–3) with the topics (a–f). Some topics match more than one caller.

- a a musical instrument
- b an item of clothing
- c something that was given to them
- d something they got in another country
- e something that is damaged
- f something that makes them think of their friends

C  **1.03** | Listen again. Answer the questions.

- 1 What does Caller 1 say about the band on her T-shirt?
 - a She still enjoys their music.
 - b They're still her favourite band.
 - c She doesn't like their music now.
- 2 Why is it hard for Caller 1 to throw away her T-shirt?
 - a It makes her think about a happy time.
 - b She still wears it a lot.
 - c It is worth a lot of money.
- 3 Where did Caller 2 buy his drum?
 - a in a music shop
 - b at a market
 - c from a university friend
- 4 What does Caller 2 say about the drum?
 - a He plays it all the time.
 - b He repaired it after it broke.
 - c He doesn't know how to play it well.
- 5 Why did Caller 3's husband give her a cat statue?
 - a Because she loves cats.
 - b She doesn't know.
 - c Because she collects statues of animals.
- 6 Why did Caller 3 feel bad about throwing the statue away?
 - a Because it made her husband sad.
 - b Because her husband really liked it.
 - c Because it was a present.

WRITING

an advert to sell an item online

6A Match the items in the adverts (A–D) with the topics below (1–6).

- 1 something that is in almost perfect condition
- 2 something that doesn't cost anything
- 3 something that is in very bad condition
- 4 something that is only a few months old
- 5 something that weighs a lot
- 6 something that is very comfortable

A Three-seater sofa

Large brown leather sofa in good condition. ¹A few marks, but no tears. Easy to fall asleep on!

Price: £450

Size: 220 cm x 90 cm

Location: Brighton. Can deliver locally for a small fee.



B Piano

Very old piano (approximately 200 years old).

²Beautiful dark wood, but damaged and needs some love! Free.

Collection only from EH16



C Dark red rug

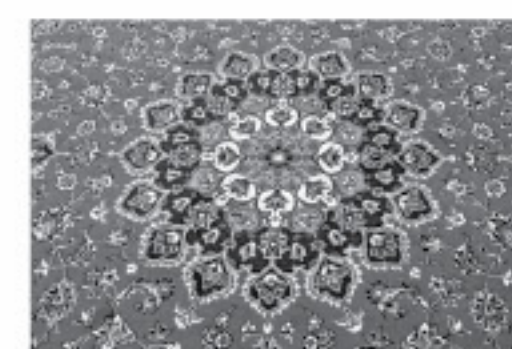
Large cotton rug. Dark red with a flower pattern.

³Only three months old.

Size: 200 cm x 300 cm

⁴Condition: as new

Price: £120



D Outdoor table and chairs

Solid iron garden furniture. ⁵Very strong and heavy. Round table and four chairs.

⁶Table legs slightly damaged – need repairing.

Price: £300



B Read the adverts again. Match the descriptions in note form (1–6) with the full sentences (a–f).

- a It is in the same condition as when it was new.
- b The legs are slightly damaged and need some repairs.
- c They are very strong and heavy.
- d It has marks on it, but it doesn't have any tears.
- e It is made from beautiful dark wood, but it is very damaged and needs some love!
- f It is only three months old.

7A Rewrite the descriptions (1–4) in note form by removing between one and four words.

- 1 It is in very good condition.
- 2 The price includes two chairs.
- 3 It is new and in perfect condition.
- 4 This is in used condition. The zip is slightly damaged.

B Choose three or four items that you could sell online. Write short descriptions using note form.

Lesson 1B

GRAMMAR | verb patterns

VOCABULARY | personal preferences

PRONUNCIATION | stress in prepositional phrases

VOCABULARY

personal preferences

1 A  Choose the correct word to complete the sentences.

- 1 Kwame succeeded in finding his **pleasure** / **dream** / **fan** job as a designer.
- 2 I don't have a car, but I live in the city centre so I can **do without** / **appreciate** / **taste** one.
- 3 Tiny homes are **dream** / **ideal** / **appreciate** for busy people.
- 4 My **pleasures** / **dreams** / **tastes** have changed. I used to love purple and now I can't stand it.
- 5 Minimalism is **not for me** / **the taste** / **without** because I like having lots of things around me.
- 6 Lara loves inviting friends and family to her house. It gives her **tastes** / **dreams** / **pleasure**.

B Complete the conversation with the words in the box.

a fan of appreciate do without
ideal pleasure tastes

A: Hi Seb, how's your new house?

B: It's great! It's tiny, but it's ¹ for me. It doesn't take long to clean!

A: Have you got room for all your stuff?

B: I don't have much. I'm not ² crowded rooms that are full of things. Having fewer possessions allows me to ³ the important things in life.

A: Have you got a garden?

B: No, but I can ⁴ one. There's a park nearby. How about you?

A: Well, I've got very different ⁵ to you! I love lots of colourful objects. They remind me of people and places and give me ⁶

GRAMMAR

verb patterns

2 A  Choose the correct word or phrase to complete the sentences.

- 1 I finally succeeded in my driving test.
a pass **b** to pass **c** passing
- 2 Jem always dreamt about in a house in the country.
a living **b** live **c** to live
- 3 We're looking forward to house soon!
a a move **b** moving **c** move
- 4 I always put off my apartment.
a clean **b** cleaning **c** to clean
- 5 We didn't want to go to the party, but it turned out really good fun.
a be **b** to be **c** being
- 6 You should think about away some of your clothes – you have so many!
a give **b** giving **c** to give

B Complete the text with the correct form of the verbs in brackets.

Jacqueline Simmons, architect

Jacqueline is one of Canada's most successful architects and has designed buildings all over the world.

Jacqui was interested in buildings from a young age and grew up ¹ (make) homes for her toys to live in. After finishing school, she first went to college to study art and then went on ² (do) a degree in architecture at the University of British Columbia.

After university, she succeeded in ³ (get) a job at a top architecture firm in New York and worked there for ten years before she set up her own firm. 'I remember ⁴ (feel) really frightened about starting my own company, but it turned out ⁵ (be) the best thing I've ever done. I love having my own business!'

She believes in ⁶ (create) homes that people really enjoy ⁷ (live) in. 'Some architects only care about ⁸ (produce) exciting or super-modern buildings, but people need to have cupboards and space for their sofa!'

Now aged sixty-eight, she doesn't plan on ⁹ (retire) anytime soon. 'I love my job and there's still a lot I want ¹⁰ (do). I still dream about ¹¹ (design) wonderful homes for people. I don't think I'll ever want to stop ¹² (do) this job.'

PRONUNCIATION

3 A  1.04 | stress in prepositional phrases | Listen and write the missing unstressed word in each prepositional phrase.

- 1 Emi **believes** **living** a simple life.
- 2 I **dream** **living** by the sea.
- 3 Jo really **cares** **saving** the environment.
- 4 Thea **concentrates** **doing** one thing at a time.
- 5 Pablo **succeeded** **passing** all his exams.
- 6 You should **think** **buying** fewer clothes.

B  1.04 | Listen again and repeat.

READING

4A Read the article. Number the designer's advice (a–d) in order. There is one extra piece of advice.

- a don't have too many possessions
- b use light colours
- c paint the walls dark colours
- d consider where to store your stuff

B Read the article again. Are the statements True (T) or False (F)?

- 1 New houses built in the UK now are not as big as they used to be.
- 2 'Micro-flats' are apartments that are at least 37 m² in size.
- 3 The article states that dark rooms look brighter if the walls are white.
- 4 Putting your possessions on shelves can make a room seem bigger.
- 5 If you have a small house, you should avoid having too many things that you don't need.
- 6 The article says you shouldn't buy something if you don't need it.

C Complete the information with the numbers from the article.

- 1 How much smaller houses are now compared to seventy years ago:%
- 2 The number of flats in London that are 'micro-flats': in
- 3 The smallest size that the UK government recommends homes should be: m²
- 4 The length of time it has taken for the number of things we buy to double: years
- 5 The century that the artist William Morris lived in:th

D Read the extracts from the article. Are they facts (F) or opinions (O)?

- 1 British homes are getting smaller.
- 2 New houses in the UK are, on average, twenty percent smaller than those built seventy years ago.
- 3 One in fifteen flats in London is now smaller than the 37 m² the government recommends as a minimum.
- 4 Many people think that you should paint small or dark rooms white or another light colour to make them look bigger and brighter.
- 5 I recommend using dark, calm colours like dark blue or dark green.
- 6 For me, wall shelves are great.
- 7 We consume twice as many things as we did fifty years ago.
- 8 I think that's great advice to follow in the twenty-first century, too.

According to recent research, British homes are getting smaller. The results of one study suggest that new houses in the UK are, on average, twenty percent smaller than those built seventy years ago. Even if you don't live in a new house, the chances are that if you live in the centre of a British city, you probably won't have that much space. The cost of houses means that many people now live in small apartments, and some people even live in 'micro-flats'. (*The Guardian* newspaper reports that about one in fifteen flats in London are now smaller than the 37 m² the government recommends as a minimum.)

But small homes don't have to feel small or crowded. With some simple changes, you can make your living space feel calm, comfortable and larger than it actually is. Here, interior designer Jason Chen shares his top tips with you.

My first piece of advice is to use colour. Many people think that you should paint small or dark rooms white or another light colour to make them look bigger and brighter, but I disagree. If a room is dark because it doesn't have a window, it will always look dark, even if you paint it white. Instead, I recommend using dark, calm colours like dark blue or dark green – the room will be much more interesting and actually, dark walls often make small rooms feel much bigger.

Secondly, think about how you store your possessions. Another way to make your rooms look bigger is to put shelves up on the walls rather than have big, heavy pieces of furniture. For me, wall shelves are great because as well as being a useful way to store your possessions, they can be used to display art, photos, plants or other things that give you pleasure.

Finally, try to keep your home free from stuff – that's all those things you don't really need that makes your house look messy. I recently read a report which said that we buy twice as many things as we did fifty years ago, so it's no surprise that our houses are full of stuff. Before you buy anything, think about whether or not you really need it. The 19th-century artist William Morris said that you shouldn't have anything in your house that isn't beautiful or useful and I think that's great advice to follow in the 21st century, too.

Lesson 1C

HOW TO ... | leave phone messages
VOCABULARY | phrasal verbs: housework
PRONUNCIATION | intonation in polite requests

VOCABULARY

phrasal verbs: housework

1 A Complete the phrasal verbs in the sentences. The first letter of each word is given.

- 1 We don't have any bread. Could you p_____ some u_____ on your way home, please?
- 2 James never t_____ o_____ food that's gone bad from the fridge. I can't stand it!
- 3 Don't leave your clothes on the floor! H_____ them u_____.
- 4 The rubbish bin is full. I'm going to t_____ it o_____.
- 5 It's freezing in here! Could you t_____ u_____ the heating?
- 6 The living room is a mess. Let's t_____ it u_____.
- 7 Did you remember to l_____ u_____ when you left the house?
- 8 I don't understand what to do. Could you g_____ o_____ the instructions again, please?

B Complete the conversation using words from the box.

hang lock pick taking
throwing tidy turning

A: What a mess! We need to ¹_____ up before the party tonight! Could you ²_____ up those shirts in the wardrobe, please?

B: Anything else?

A: Would you mind ³_____ out that milk which has gone off and ⁴_____ out the bins?

B: Sure. What are you going to do?

A: I'm going to ⁵_____ up some pizzas for later.

Message 3

5 Lucy won't arrive home from work until 6 / 6.30.

6 Lucy asks Dan to hang up the clothes / take the rubbish out.

Message 4

5 The conference starts at 10.30 / 11.30.

6 Adam has to take his ID / laptop with him.

C **1.06** | Listen to the recording. Write what you hear. You will hear the sentences only once.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

PRONUNCIATION

3 A **1.07** | intonation in polite requests | Listen to two speakers making the requests (1–6). Choose the speaker, A or B, who uses polite intonation.

- 1 Would you mind calling me back? A / B
- 2 Do you think you could make a copy of the document? A / B
- 3 I wonder if you could help me tidy up? A / B
- 4 Will you pick some food up on your way home? A / B
- 5 Could you walk the dog, please? A / B
- 6 Can you turn the heating up, please? A / B

B **1.07** | Listen again and repeat the polite versions.

SPEAKING

4 A Complete the phone message with the words in the box.

call calling could favour let
message reached wonder

A: Hi. You've ¹_____ Anna's mobile. I'm sorry I can't take your ²_____ right now, but please leave a ³_____ and I'll get back to you as soon as possible.

B: Hi Anna, Monika here. I was ⁴_____ to see if you could do me a ⁵_____. I've left my notes on my desk and I ⁶_____ if you ⁷_____ bring them to the meeting for me, please. They're in a yellow folder. Could you ⁸_____ me know when you get this message? Thanks!

B **1.08** | Listen and check.

C **1.09** | You are B in the message in Ex 4A. Listen and speak after the beep. Record yourself if you can.

D Listen to your recording and compare it with the model in Ex 4B.

How to ...

leave phone messages

2 A **1.05** | Listen and match the phone messages (1–4) with the requests (a–d).

- | | |
|-----------|-----------------------------|
| Message 1 | a pick somebody up |
| Message 2 | b tidy up the house |
| Message 3 | c look for something |
| Message 4 | d phone someone |

B **1.05** | Listen again and choose the correct option.

Message 1

1 Claire invited Sandro to dinner / a party at her house.

2 Sandro left his jumper / scarf at Claire's house.

Message 2

3 Al has missed the bus / train.

4 School finishes at 3.10 / 3.15.



Lesson 1D

GRAMMAR | *except for, apart from, (not) even*
LISTENING | a discussion about gadgets

GRAMMAR

except for, apart from, (not) even

1 A Choose the correct word or phrase to complete the sentences.

- I enjoy watching all sport football.
a apart b except c not even
- Apart calling my family, I don't really use my phone.
a for b from c of
- I never get up late, at the weekends.
a not even b except c apart
- I haven't told anyone except Daria.
a from b for c that
- Ahmed didn't like the film and he usually loves action films.
a Not even b Even c Except
- My sisters look very similar, Jane is slightly taller.
a apart b except for c except

B Complete the forum discussion posts with one word in each gap.

Apart ¹ your phone, what gadget couldn't you live without?

Emily: I couldn't live without my headphones. I listen to music all the time – on the bus, at work, at the gym and ² in bed!

Theepan: I have lots of gadgets and I could live without all of them ³ for my laptop.

Jo: I don't need any gadgets, ⁴ even my phone. I think people rely on technology far too much these days.

Marcin: I think I could live without all technology. I don't ⁵ use my phone ⁶ to call my family.

C The sentences below have a mistake. Choose the best option to correct the mistake.

- The food was so awful, I even finished it.
a not even finished b didn't even c even finish
- I don't use any gadgets, apart my phone.
a except from my phone b apart from my phone c except that
- Apart for James, I haven't invited anyone to the party.
a Apart b Except from c Except for
- A picnic sounds great, apart it's going to rain this afternoon.
a except it's going b except for it's going c even it's going

LISTENING

2A 1.10 | Listen to the introduction to a radio programme. What is a *digital detox*?

- when you reduce the number of gadgets that you have
- when you stop using technology or gadgets for a certain amount of time
- when you try to reduce the amount of time you spend using technology

B 1.11 | Listen to the whole programme. Are the statements True (T) or False (F)?

- Nancy spent a whole week without using any screens.
- Nancy doesn't usually use her phone in bed.
- Nancy discovered that she uses her phone more than the average amount of time.
- Nancy felt anxious that she wouldn't be able to read important emails during her digital detox.
- Nancy couldn't find out what time films were on at the cinema during her digital detox.
- Nancy didn't sleep as much as usual when she couldn't use her phone.
- After her digital detox, Nancy realised that she does not need to use her phone so much.
- Nancy would like to have another digital detox in the future.

C 1.11 | Complete the sentences with one word in each gap. The first letter of each word is given. Listen again and check.

- Spending too much time on phones and computers is bad for people's physical and m..... health.
- People in the UK use their phones for an a..... of four hours a day.
- It was a s..... for Nancy that she looked at her phone every ten minutes.
- Nancy realised that she uses her phone for p..... things such as checking her bank account.
- Nancy's c..... with her boyfriend improved because she wasn't distracted by her phone.



Lesson 2A

GRAMMAR | present perfect continuous

VOCABULARY | making changes

PRONUNCIATION | weak form of *been*

VOCABULARY

making changes

1 A Choose the correct word to complete the sentences.

1 I can never say 'no' to chocolate. I just can't it!

- a stick b set c resist

2 Ji is making to eat five portions of vegetables every day.

- a a goal b an effort c an aim

3 She tries to go swimming three times a week, but she doesn't always to do it.

- a achieve b stick c manage

4 Every January I write a list of goals for the year, but I don't always them.

- a achieve b set c stick

5 Samira often off doing tasks she doesn't enjoy and leaves them to the last minute.

- a sets b puts c takes

6 If you want to change a habit, it's important to realistic goals.

- a stick b put c set

B Complete the sentences with the correct form of the verbs in the box and a preposition.

give keep put stick take

1 My tooth really hurts. I can't going to the dentist any longer.

2 Ping has lots more energy since she eating fast food – she only eats healthy food now.

3 I told him I was late and had to leave, but he just talking.

4 Filippo only running last year and he's already run a 50 km race!

5 It's easy to set yourself goals, but it's much harder to them!

C Read the blog and choose the correct alternative.

Every year on my birthday, I write a list of things I want to ¹**achieve** / **goal** that year. I usually ²**set** / **put** myself one main goal, like going to bed earlier or giving up ³**to drink** / **drinking** coffee.

A few years ago, I decided that I would take ⁴**on** / **up** sea swimming. My first swim was at the end of February and the water was freezing! I only managed ⁵**to stay** / **staying** in the water for about ten seconds! I didn't want to go back the next day, but I was determined to stick ⁶**to** / **of** my plan and kept reminding myself of how good I would feel if I kept ⁷**up** / **on** going. Some days, when it was cold, I had to ⁸**do** / **make** an effort to get in the water, but I always did it in the end.

GRAMMAR

present perfect continuous

2 A Complete the sentences with the present perfect continuous form of the verbs in brackets. Use contractions where possible.

1 Maria (work) here for about forty years. She started when she was twenty one.

2 I (try) to give up eating crisps, but I just can't resist them!

3 We (live) in Bristol for about three years. We love it here!

4 You should take a break. You (look) at your computer screen all morning.

5 Zuzanna is really good at the piano. How long (she / play)?

6 Recently, I (make) an effort to go to bed early. I feel much better.

7 We haven't been for a walk yet. It (rain) all day.

8 Have you (listen to) Jack Wilson's new podcast? It's so interesting!

B The sentences below have a mistake. Choose the best option to correct the mistake.

1 I've been knowing my best friend since we were five.

- a I knew b I know c I've known

2 I'm exhausted! I been working all morning!

- a I've been working
b I work
c I've working

3 Maxime lives here for five years.

- a been living
b is living
c has been living

4 I have these boots for ten years. They're a bit damaged now.

- a I've been having
b I've had
c I'm having

PRONUNCIATION

3 A 2.01 | weak form of *been* | Listen and choose the sentence (a or b) with the correct underlined stress.

1 a How long have you been living in Sydney?

b How long have you been living in Sydney?

2 a She's been working here for five years.

b She's been working here for five years.

3 a They've been playing tennis all morning.

b They've been playing tennis all morning.

4 a Have you been waiting for a long time?

b Have you been waiting for a long time?

B 2.01 | Listen again and repeat. Pay attention to the weak pronunciation of *been* /bɪn/.

READING

4A Read the title and introduction to the article. Choose what the article is about (a–c).

- a Why you should break bad habits
- b How to become healthier and more successful
- c How to make small improvements to your life

How to change your life without too much effort

Do you often set yourself impossible goals or feel stressed because you haven't achieved everything you planned to? I know I used to! Every January, I'd write a list of all the bad habits I wanted to break and tell myself, 'this year I'll definitely be more successful!' I never managed to stick to my plans and I felt like a failure. Last year I decided that I wasn't going to give anything up, apart from setting goals! Instead, I made small changes that really improved my life. So, if you would like to try something different this year, here are my top three life-changing tips!

1

Apparently, only one in five people in the UK get the recommended eight hours of sleep a night and I definitely wasn't one of them! I often stayed up late looking at social media or binge-watching a series on my phone. I told myself, 'just one more episode then I'll go to bed' but before I knew it, it was 3 a.m. So, I bought an alarm clock and started leaving my phone in another room when I went to bed. I go to sleep hours earlier than I used to and have so much more energy during the day!

B Read the article again and match the headings (a–c) with the paragraphs (1–3).

- a Focus on the good stuff
- b Get outside every day
- c Don't look at a screen in bed

C Find the quotes in the article. What is the writer's purpose for using them? Choose two purposes (1–4).

- 1 to give examples and make suggestions clearer for the reader
- 2 to create a connection with the reader, because the reader can imagine saying these things
- 3 to give the reader ideas of what to do in a situation
- 4 to make the article more interesting, similar to the way that dialogue does in stories



2

Every night, I write down three things that made me feel happy or that I'm grateful for that day. They aren't usually big things. Often they're small, everyday things like walking in the park after work or my boyfriend making me a cup of coffee. Getting into the habit of being grateful has definitely improved my mental health. I feel much more positive, less anxious and less stressed. It only takes five minutes a day, so it's really worth doing.

3

We all know that exercise is good for our physical and mental health, but sometimes it's difficult to get started. You tell yourself, 'I'm too busy to go to the gym today, I'll go tomorrow instead.' But I promise you that if you go for a walk every day, you'll always feel better. It doesn't have to be a long walk. Even ten minutes outside in the fresh air is good for our bodies and our brains.

D Read the article again. Are the statements True (T) or False (F)?

- 1 In the past, the writer sometimes managed to achieve her goals.
- 2 Last year she decided not to set herself any goals.
- 3 Most people in the UK get less sleep than they should.
- 4 The writer used to stay up late watching TV and listening to podcasts.
- 5 Focusing on three positive things every day makes the writer feel happier and more relaxed.
- 6 The writer says that a short walk every day is good for physical and mental health.