



Speaking Test 8

A EXERCISE • 實戰演練

Question: Do you exercise? Talk about how often and what kind of exercise you do.

I love exercise. There are so many different exercises out there but personally for me, I love working out in the gym. I like to wake up in the morning, nice and early, hit the gym, do my weights and run on a treadmill. Exercise is great not only because I'm getting fit but I'm also relieving stress at the same time. So I think, everyone should try to find the things that he or she would enjoy and keep them fit. After all, exercise can also keep you healthy and fit.

B LANGUAGE FOCUS • 學習焦點

1. But personally for me, ...

But personally for me, I don't mind with these changes.

2. I like to + verb

I like to start with something funny.

3. find the things that ...

You can begin to find the things that truly make you happy.

C WORDS & PHRASES • 詞彙片語

1. personally	[ˈpɜːsnlɪ]	(adv.) 就個人而言
2. work out		(phr.) 鍛煉身體
3. gym	[dʒɪm]	(n.) [C] 健身房，健身俱樂部
4. wake up		(phr.) 醒來
5. weight	[wet]	(n.) 重，重量；砝碼
6. treadmill	[ˈtred,mɪl]	(n.) (鍛煉用的) 跑步機
7. fit	[fɪt]	(adj.) 適合的；健康的；強健的
8. relieve	[rɪˈli:v]	(v.) 緩和，減輕；解除
9. stress	[stres]	(n.) [U] 壓力；緊張
10. at the same time		(phr.) 同時，一起