

# Video Comprehension Series - Fitness

## Fitness (a)

1. Where does Christa run?

Her apartment

2. What does she do as she is running?

Watch people walking on the street in front of her home

3. How long does she run when she is busy?

About 20 minutes

4. How long does she run when she has more time?

45 to 60 minutes

5. How many times a week does Christa run?

Five times

## Fitness (b)

6. Apart from running, what other exercises does Christa do?

Sit ups and weight lifting

7. According to Christa, what is the perfect body fat index for a woman?

17 to 23 percent

8. How does Christa measure her body fat index?

She has a body fat measuring machine

9. Where does Christa lift weights?

Sports club

10. Why does she lift light weights only?

She only wants to be toned

## Fitness (c)

11. Which sport does Christa want to try next?

Tennis

12. What three events did Christa participate in at the Tonbridge Athletics Club?  
800 meters, cross country, and marathon race walking

13. When did she join the Tonbridge Athletics Club?  
When she was 12 years old

14. How did she join the Tonbridge Athletics Club?  
She was asked to join by a scout

15. How many days a week did Christa train?  
5 times a week

## Fitness (d)

16. What was Christa's best time for the 800m?  
2 minutes, 23 seconds

17. What is the world record?  
1 minute 55 seconds

18. How did the boys in her class feel when she won so many medals?  
They were not very happy

19. How does Christa explain her running skills?  
She got it from her mother

20. Why does she consider herself to be lucky?  
She can eat anything she wants and she doesn't gain weight.