

## Video Transcript

### Move your body with me!

**Lisa:** Mandy, you always look happy, healthy and fit. What's your secret?

**Mandy:** I do some exercise every day. In the morning I do a bit of yoga and in the afternoon, I often go jogging. I'm not a fast runner. I usually run slowly.

**Lisa:** What other sports do you do?

**Mandy:** At the weekend, I sometimes play badminton or tennis in Boosty's Fitness Club.

**Lisa:** Are you good at playing tennis?

**Mandy:** I'm not the best, but I play well.

**Lisa:** What about dancing? Can you dance?

**Mandy:** Yes, I can. I also go dancing in Boosty's Fitness Club. What about you, Lisa?

**Lisa:** I never do exercise at home because doing exercise alone is boring.

**Mandy:** I have an idea! What about joining Boosty's Fitness Club?

**Lisa:** What fitness classes are there?

**Mandy:** Look, here's the timetable.

**Mandy:** Which lesson do you like?

**Mandy:** What about yoga?

**Lisa:** Uhhmm. I'd like to do Boosty's Fitness Class!

**Mandy:** All right. Let's go, Lisa! The class starts at 11 o'clock.

**Boosty:**

Hi everyone, welcome to Boosty's Fitness Class! Are you ready to start? What about doing some warm-up first?

**Lisa and Mandy:** Yes!

**Boosty:**

Let's start! Stand up everybody. Everyone in class, yes you too watching me in your class. Stand up and let's do some warm-up exercise together.

Breathe in through your nose into your stomach. Breathe out fully through your mouth. One more time. Breathe in through your nose into your stomach. Breathe out fully through your mouth.

Pull your shoulders up to your ears. Relax your shoulders.

Close your eyes and touch your nose quickly. Open your eyes.

Stand on your left leg, lift and stretch your arms near your ears carefully. Stand like this for 5 seconds, four, three, two, one. Well done! You can relax now.

Touch your nose with your tongue. Can you do it?

Bend your head between your knees carefully and look at what is behind you.

Bend at your waist slowly and touch your toes.

Stand on your toes.

Walk on your heels.

Now, everybody, you can relax your muscles. I hope you enjoyed the warm-up.

**Mandy:** I loved it. Doing exercise with Boosty is fun!