

Scripts

Audio # 1:

0:12

What you're doing, right now, at this very moment, is killing you. More than cars or the Internet or even that little mobile device we keep talking about, the technology you're using the most almost every day is this, your chair. Nowadays people are sitting 9.3 hours a day, which is more than we're sleeping, at 7.7 hours. Sitting is so incredibly prevalent, we don't even question how much we're doing it, and because everyone else is doing it, it doesn't even occur to us that it's not okay. In that way, sitting has become the smoking of our generation.

0:53

Of course there's health consequences to this, scary ones, besides the waist. Things like breast cancer and colon cancer are directly tied to our lack of physical [activity], Ten percent in fact, on both of those. Six percent for heart disease, seven percent for type 2 diabetes, which is what my father died of. Now, any of those stats should convince each of us to get off our duff more, but if you're anything like me, it won't.

1:20

What did get me moving was a social interaction. Someone invited me to a meeting, but couldn't manage to fit me in to a regular sort of conference room meeting, and said, "I have to walk my dogs tomorrow. Could you come then?" It seemed kind of odd to do, and actually, that first meeting, I remember thinking, «I have to be the one to ask the next question," because I knew I was going to huff and puff during this conversation. And yet, I've taken that idea and made it my own. So instead of going to coffee meetings or fluorescent-lit conference room meetings, I ask people to go on a walking meeting, to the tune of 20 to 30 miles a week. It's changed my life.

2:00

But before that, what actually happened was, I used to think about it as, you could take care of your health, or you could take care of obligations, and one always came at the cost of the other. So now, several hundred of these walking meetings later, I've learned a few things.

2:17

First, there's this amazing thing about actually getting out of the box that leads to out-of-the-box thinking. Whether it's nature or the exercise itself, it certainly works.

2:28

And second, and probably the more reflective one, is just about how much each of us can hold problems in opposition when they're really not that way. And if we're going to solve problems and look at the world really differently, whether it's in governance or business or environmental issues, job creation, maybe we can think about how to reframe those problems as having both things be true. Because it was when that happened with this walk-and-talk idea that things became doable and sustainable and viable.

2:58

So I started this talk, so I'll end with the bottom line, which is, walk and talk. Walk the talk. You'll be surprised at how fresh air drives fresh thinking, and in the way that you do, you'll bring into your life an entirely new set of ideas.

3:16 Thank you.

Audio #2:

0:11

A few years ago, I felt like I was stuck in a rut, so I decided to follow in the footsteps of the great American philosopher, Morgan Spurlock, and try something new for 30 days. The idea is actually pretty simple. Think about something you've always wanted to add to your life and try it for the next 30 days. It turns out 30 days is just about the right amount of time to add a new habit or subtract a habit -- like watching the news -- from your life.

0:42

There are a few things I learned while doing these 30-day challenges. The first was, instead of the months flying by, forgotten, the time was much more memorable. This was part of a challenge I did to take a picture every day for a month. And I remember exactly where I was and what I was doing that day. I also noticed that as I started to do more and harder 30-day challenges, my self-confidence grew. I went from desk-dwelling computer nerd to the kind of guy who bikes to work. For fun!

1:14(Laughter)

1:16

Even last year, I ended up hiking up Mt. Kilimanjaro, the highest mountain in Africa. I would never have been that adventurous before I started my 30-day challenges.

1:27

I also figured out that if you really want something badly enough, you can do anything for 30 days. Have you ever wanted to write a novel? Every November, tens of thousands of people try to write their own 50,000-word novel, from scratch, in 30 days. It turns out, all you have to do is write 1,667 words a day for a month. So I did. By the way, the secret is not to go to sleep until you've written your words for the day. You might be sleep-deprived, but you'll finish your novel. Now is my book the next great American novel? No. I wrote it in a month. It's awful.

2:11(Laughter)

2:13

But for the rest of my life, if I meet John Hodgman at a TED party, I don't have to say, "I'm a computer scientist." No, no, if I want to, I can say, "I'm a novelist."

2:25 (Laughter)

2:28

So here's one last thing I'd like to mention. I learned that when I made small, sustainable changes, things I could keep doing, they were more likely to stick. There's nothing wrong with big, crazy challenges. In fact, they're a ton of fun. But they're less likely to stick. When I gave up sugar for 30 days, day 31 looked like this.

2:50 (Laughter)

2:53So here's my question to you: What are you waiting for? I guarantee you the next 30 days are going to pass whether you like it or not, so why not think about something you have always wanted to try and give it a shot! For the next 30 days.

3:11 Thanks.

ОТВЕТЫ

Блок 1: АУДИРОВАНИЕ

1. Which **three** things are mentioned in **Text 1** as benefits of staying active?

- a. **Social interaction +**
- b. Making eye contact
- c. **Taking care of health +**
- d. Smiling sincerely
- e. Becoming friendlier
- f. Getting a better job
- g. **Looking differently at the world +**

2. Which **three** things are mentioned in **Text 2** as benefits of staying active?

- a. Keeping away from people
- b. **Enjoyable cycling +**
- c. Ice-dancing
- d. Meeting colleagues after work
- e. **Hiking up a mountain +**
- f. **Taking photographs +**
- g. Writing poetry

1. So instead of going to coffee meetings or fluorescent-lit conference room meetings, I ask people to go on a walking meeting, to the tune of 20 to **30** miles a week.
2. You'll be surprised at how fresh air drives fresh thinking, and in the way that you do, you'll bring into your life an **entirely** new set of ideas.
3. But for the rest of my life, if I meet John Hodgman at a TED party, I don't have to say, "I'm a computer **scientist**."
4. When I gave up sugar for 30 days, day **31** looked like this.

Блок 2: ЛЕКСИКА

№	Утверждение	Ваш вариант
1.	Bilingual dictionary is more suitable for elementary level students than advanced students.	OK
2.	In compared to the number of female students, the number of male students has increased.	IN COMPARISON TO
3.	New technology has opened up so many new opportunities .	OK
4.	You will hear a lecturer about some recent research into climate change.	A LECTURE ABOUT
5.	The chart shows the number of traffic on the roads in 2000 and 2010.	THE AMOUNT OF TRAFFIC
6.	This week we have to give a present on this topic to the class.	GIVE A PRESENTATION
7.	She is an expertise in her field and advises the government on policy.	AN EXPERT IN
8.	My father's attitude to work influenced me a great deal.	OK
9.	It is important to read the text before answering any questions.	OK

10.	<u>Almost all of the people</u> involved in the study had completed higher education.	OK

