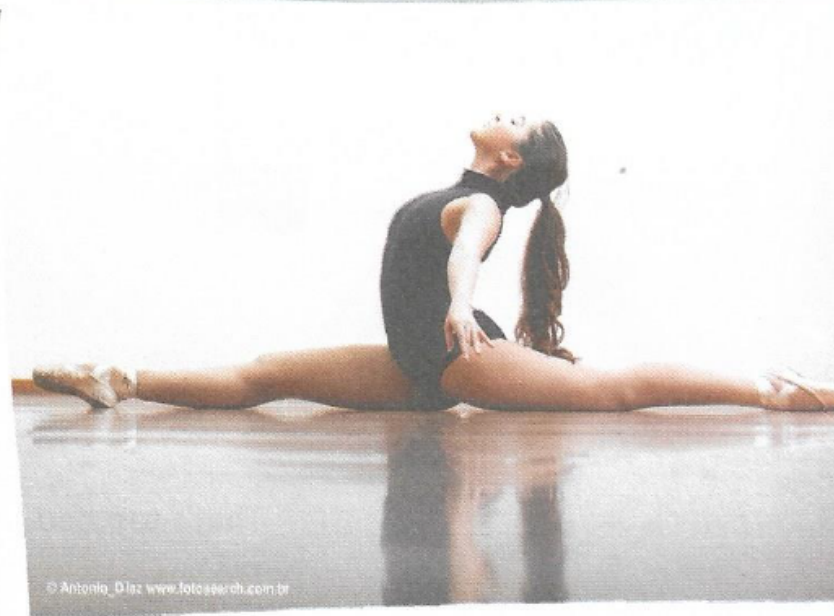
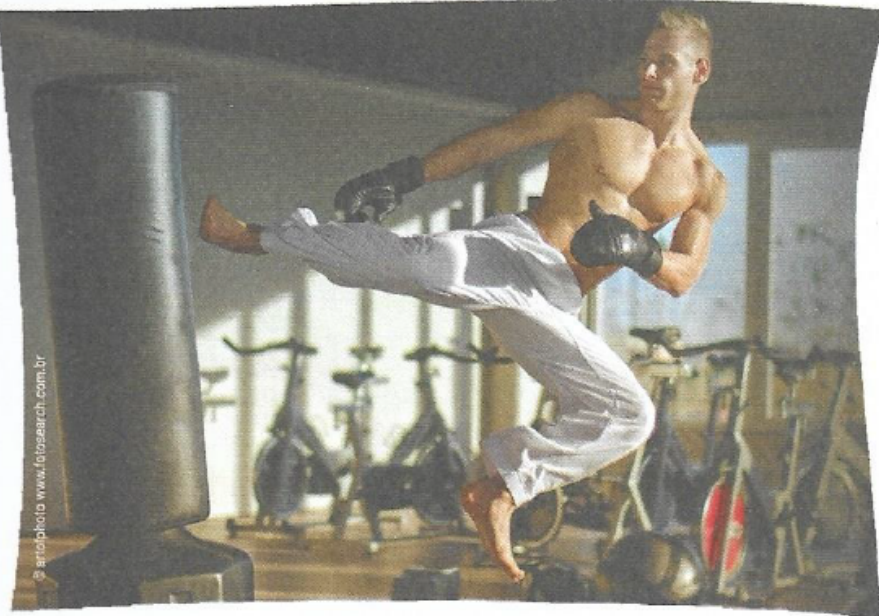


Working out



At the gym.

Are you tired?
Yes, I am.

Ana: **Are you OK?** You look tired.

parece cansado

Leo: Not really. I can't sleep well.

o que há de errado
qual o problema?

Ana: **That's too bad.** What's wrong?

Leo: I'm stressed. I can't relax.

Ana: We can go to the gym now.

Leo: Can the gym help?

alongar
esticar

Ana: Yes. We can walk. We can stretch.

We can lift light weights.

Leo: I can try.

levantar peso leves.

Ana: You can start slow. You can do ten minutes.

começar devagar

Leo: Okay. I can do that.

Ana: After that, we can drink water.

Leo: **Great idea!** I feel better already.

eu já me sinto melhor.



Are you OK?

Are you all right?

That's too bad.

I'm sorry to hear that.

What's wrong?

What's going on?

Great idea.

Good idea.

Difficult situations.

- I have a job interview on Monday.
- My mom is sick.
- I have a difficult test next week.