

## You've Put On Some Weight...

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A: Hey, how's everything going with you? I haven't seen you a while.

B: I know, well I've been ok, but as you can probably see, **I've put on some weight** over the past few months.

A: Well, I wouldn't have said anything, but yea, **I guess you could lose a few pounds.**

B: The problem is I recently moved out of the city and out to the suburbs and I bought a car, so now I don't have a chance to walk at all. The city life really kept me skinny.

A: Yeah, **most people really slim down** when they move to an urban area and start taking public transportation.

B: Well **it's not like I'm obese or anything**, but I do need to put together a plan to lose some weight.

### Key Vocabulary Phrases

1. "I've put on some weight."
2. "I guess you could lose a few pounds."
3. "Most people really slim down..."
4. "It's not like I'm obese or anything."
5. "Get into the habit of asking for a doggie bag."
6. "I need to be more careful about ingredients..."
7. "I need to be more careful about reading labels..."
8. "I need to be more careful about checking for preservatives."

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A: Great idea- you need to **get into the habit of asking for a doggie bag** when you go out to eat.

B: I also need to be more **careful about ingredients, reading labels** and checking for **preservatives**.

A: Yeah, it sounds like you are on the right track. I'll see you again next month and you can fill me in on how it's going. Good luck with your diet!

B: Thanks, see you in a month.