ATIVIDADE 1

Try weight training.

A lot of people are weight training every day . why?

Weight training is great. It’s great for body, for posture and concentration, making you a better person.Weight training is good for heart and muscles, increasing circulation and regulating. Find a fun class and make a new friends, don’t be shy! The sport can open doors! The weight training is easy, you can practice anywere with body weight(calisthenics) or going to bodybuilding academy, but always practice exercise instructed for teacher!

ATIVIDADE 2

Victor: Hello , can i help you?

Caio: hi, how much is that cap?

Victor: uh-huh, this? They are really popular. this is S-14.99.

Caio: oh, really? It’s perfect, I’ll take it!

Victor: how would to like to pay?

Caio: i do like to pay to credit card!

Victor: oh, that’s right!

ATIVIDADE 3

what is your dream of international travel?

My dream of international travel is go to Hawaii, because over there are biggest waves in the world and i love surfing!

What are your favorite international dishes?

I like of japonese foods, because japoneses dishes are a lot healthy and tasty, next to my house there are many cheap and good restaurants.

What types of food don’t like?

I don’t like indian foods, because have a lot of pepper and i hate pepper, the pepper spoils my stomach.