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This is the time of year when people make their **New Year's resolutions**. At the beginning of a new year, people **take stock** of their lives and decide to make some changes.

A lot of people want **to get into shape**. They **vow** to go to the **health club** and **work out** everyday. Many people also decide to **go on a diet**. After **overindulging** at holiday meals, people feel the need to **cut back** and to **shed some extra pounds**. Many people also promise to quit smoking or drinking to live **healthier** lives.

Whatever resolution you make, don't forget the most important one: Promise not to have to make the same resolution next year.