

**Beth:** Why is your grandmother **sweating profusely**? Is she sick?

**Amanda:** No. She's very healthy. She was just exercising. She just climbed 25 **flights** of stairs.

**Beth:** Your grandmother is **over 90 years old**! Why is she exercising so much?

**Amanda:** She's **training** hard to **strengthen** her body because she plans to climb a mountain.

**Beth:** Wow! Your grandmother is **amazing**! Why does she want to climb a mountain?



**Amanda:** She says that **elderly** people need to have fun and enjoy their lives.

- ❖ Who is the oldest person that you know? How old is he/she? (He/She is over \_\_\_\_\_ years old.)
- ❖ When do people sweat profusely?
- ❖ How can you strengthen your body?
- ❖ "Elderly" is a polite way to say "old." Can you think of any other "polite" words in English?

*Fill in the blanks below with words from the dialogue above.*

**My grandmother is \_\_\_\_\_! She is \_\_\_\_\_ 100 years old, but she still exercises every day. She walks up 20 \_\_\_\_\_ of stairs every afternoon because she wants to \_\_\_\_\_ her body. Every time I see her, she is sweating \_\_\_\_\_. She is the most amazing \_\_\_\_\_ person that I know.**