**Grammar test**

1. in
2. quick enough
3. too much
4. me
5. I've ever been to
6. as fast
7. the most crowded
8. harder
9. too
10. enough exercise
11. as difficult as
12. the most expensive

**Vocabulary test**

1. bones
2. statue
3. mall
4. safe
5. blood
6. million
7. two thirds
8. seven point five
9. muscles
10. heart
11. crowded
12. hill

**Dictation**

1.  Walking is one of the easiest ways to become healthier .

2.  It's good for your heart , your muscles , and also your brain .

3.  Some people say they don't have enough time to go for a

walk , but it's easier than you think .  
4.  For example, you can walk to work every day.

5.  If it's too far , then walk only part of the way.

6.  Try to walk somewhere interesting , maybe along the canal or past the cathedral.

7.  It's a great way to start the day and feel more relaxed .