



# Episode 9: Marco's Story

## Listening Comprehension Questions

Listen to Episode 9 of Into the Story. Complete these sentences with a word that you hear in the podcast.

1. Marco describes his younger self as a funny and \_\_\_\_\_ guy who was not afraid to meet new people.

2. When Marco started his relationship with Alexandra, he said he didn't \_\_\_\_\_ what he was eating and drinking.

3. Alexandra reassured Marco saying that he was \_\_\_\_\_ and that she loved him the way he was, despite his new nickname 'Fatty'.

4. Marco realised that girls only wanted him to \_\_\_\_\_ them to his attractive friends and they didn't see him in the way he wanted.

5. Marco's fitness journey began by \_\_\_\_\_ himself to the gym for 6 months and talking to a nutritionist.

6. After his first sessions at the gym, Marco was in so much pain that he couldn't lift his \_\_\_\_\_ to wash his hair in the shower.

7. It took almost \_\_\_\_\_ years of training for Marco to transform his body and reach his fitness goal.

8. Marco's objectives changed and he began studying fitness and nutrition knowledge to \_\_\_\_\_ other people.

9. After years of studying courses, Marco finally was able to open his own fitness \_\_\_\_\_ where he trains clients and shares his passion.

10. Marco says that he feels \_\_\_\_\_ of young Marco who worked hard to achieve his goal.