

## LOOKING AFTER YOUR HEALTH

I have to confess that when a doctor asked me if I found myself out of breath when taking exercise, I had to say, 'How would I know? I've never taken any.' Exercise has become, in my lifetime, the modern form of prayer. When religious belief faltered, and faith in immortality and an afterlife free of any kind of physical disability faded, it became essential to prolong a healthy life on earth by all available means. Gyms, saunas and swimming pools took the place of churches and chapels. A little sports bag was slung over the shoulder instead of hymn books and missals as the faithful passed to their devotions, and the father confessor was replaced by the personal trainer. Voices once raised in hymns are now united in the muted drone of the yoga class and the muttered counting of swimming-pool lengths.

(from *Where's there's a Will*, by John Mortimer, 2003)

**Transcribe your text here:**

**This is the key:**

aɪ 'hæf tə kən'fes | ðæt 'wen ə 'dɒktə r 'ɑ:skt mi | ɪf aɪ 'faʊnd maɪ'self 'aʊt əv 'breθ wen 'teɪkɪŋ  
'eksəsaɪz | aɪ 'hæt tə 'seɪ || 'haʊ wʊd 'aɪ nəʊ || aɪv 'nevə 'teɪkən 'eni || 'eksəsaɪz həz bə'kʌm ɪn  
'maɪ 'laɪftaɪm | ðə 'mɒdn 'fɔ:m əv 'pre: || wen rə'lɪdʒəs bə'li:f 'fɔ:ltəd<sup>1</sup> | ən 'feɪθ ɪn ɪmɔ:'tæləti |  
ən ən 'ɑ:ftəlaɪf 'fri: əv 'eni 'kaɪnd əv 'fɪzɪkl dɪsə'bɪləti 'feɪdɪd | ɪt bə'keɪm ɪ'senʃl tə prəʊ'ləŋ ə  
'helθi 'laɪf ɒn 'z:θ | baɪ 'ɔ:l ə'veɪləbl 'mi:nz || 'dʒɪmz | 'sɔ:nəz | ən 'swɪmɪŋ pu:lz | 'tʊk ðə 'pleɪs  
əv 'fʒ:ʃɪz ən 'ʃæpɪz || ə 'lɪtl 'spɔ:ts bæɡ wəz 'slʌŋ 'əʊvə ðə 'ʃəʊldə | ɪn'sted əv 'hɪm bʊks ən  
'mɪslz | əz ðə 'feɪθfl 'pɑ:st tə ðe: də'veʊʃnz || ən ðə 'fɑ:ðə kən'fesə wəz rə'pleɪst baɪ ðə 'pɜ:sənɪ  
'tremə || 'vɔɪsɪz 'wʌns 'reɪzd ɪn 'hɪmz | ə 'naʊ ju'naɪtɪd ɪn ðə 'mju:ɪtɪd 'drəʊn əv ðə 'jəʊgə kla:s |  
ən ðə 'mʌtəd 'kaʊntɪŋ əv 'swɪmɪŋ pu:l leŋθs ||