

**Dictation Contest (PRJr, 初級) No. 540**

Hello, everyone! Welcome to PR Junior!

Today, I will be telling you a story about Mark and his aunts. This is part six of the story. Let's begin.

They needed him to fluff their pillows, and to close their curtains. By the end of the day, Mark was a little tired, but it still felt good to be needed. The next morning started early.

"Mark, could you open this jar?" said Aunt Pat.

This is it for today. See you!

**Dictation Contest (PR 1, 中級) No. 540**

Hey, guys! Welcome back to PR 1.

Have you guys ever wondered what it would be like to order a cup of coffee at a café, in English? Let's find out.

Good morning. How can I help you today?

I would like a cup of coffee to go please.

Which size would you like? Large, medium, or small?

I'll have a medium.

Would you also like milk and sugar with that?

Milk please, but no sugar. What muffins have you got today?

We have chocolate chip, oats, banana crumble, blueberry, and our specialty, peanut butter and jelly muffins.

The peanut butter and jelly ones sound scrumptious. I'll have that one then. Thank you.

So your total will be five dollars please.

I'll pay by card. Could you also heat up the muffin for me? Thank you.

Sure thing.

See you!

Dictation Contest (PR2 上級) No. 540

Hey guys! How're you doing?

Hope you're all still staying healthy and safe.

I have a new story here that contains some quite useful information, and might be very relevant to some of you. It's also relevant to me, but only in the sense that it reminds me of how unfit I am these days. Take a listen to this:

A group of Japanese researchers hailing from some of the country's leading universities recently found that exercising your muscles for up to 60 minutes a week is optimal for preventing serious diseases such as cancer, and reducing the risk of death. The data showed that compared with those who did not exercise, people who performed muscle-strengthening exercises had a 10 percent to 17 percent lower risk of dying or developing conditions such as cancer, cardiovascular disease, or type two diabetes. They warned, however, that over-training may be ineffective. After 130 to 140 minutes of muscle training, positive health effects were no longer seen.

Huh. Well I'm sure that a lot of people who regularly do muscle training and lift weights, aren't doing so directly to reduce their risk of getting cancer, but they will be able to tell you about several other health benefits. I also used to lift weights pretty regularly, but I haven't really done that at all in quite a few years, so I guess this story gives me all the more reason to finally get back into it.

Alright, guys, well until next time – and as always – study hard, stay safe, and I'll see you soon.