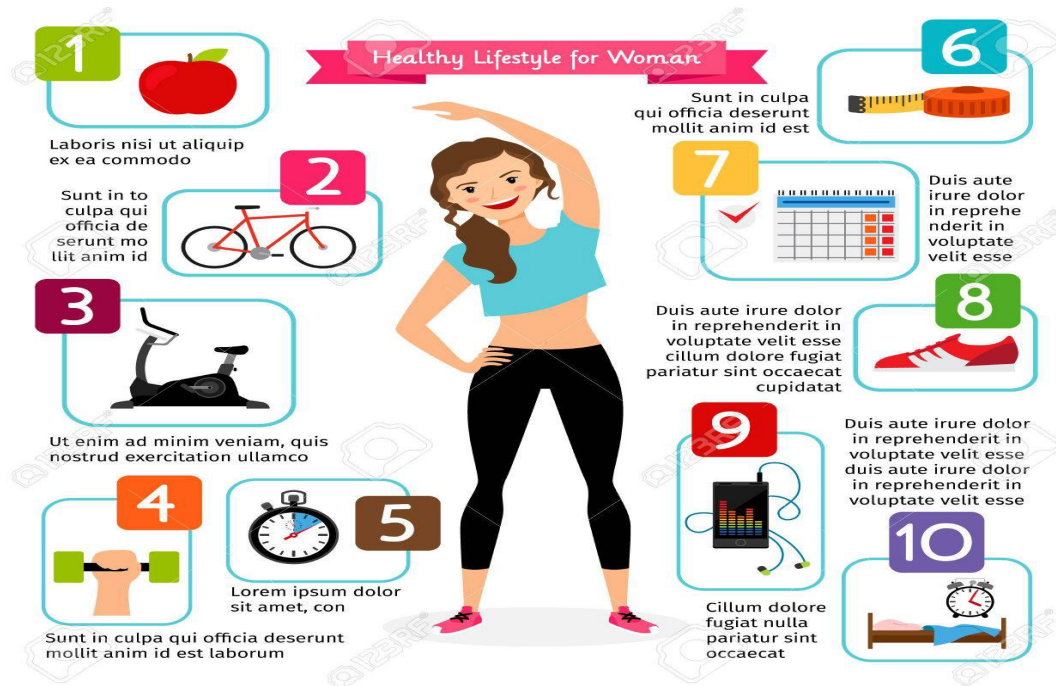


# Keeping Fit



Stella Fredericks cares about keeping fit. First of all, she tries to get some exercise every day. She belongs to a health club where she usually exercises after work. She likes to lift weights and run on the track. In addition, she is careful about her diet. For example, she rarely eats foods that have a lot of fat or sugar. Finally, Stella tries to get eight hours of sleep every night. Like many of her friends, Stella tries to keep in shape and stay healthy.

## Questions:

1. What is the topic about?
2. What are the three things that Stella does to support the fact that she cares about keeping fit?
3. What do you think about this topic?

You can see the whole curriculum from your teacher, Please ask teacher to send it to you before your class.

※テキスト全文はレッスン受講時に担当講師よりお受け取りください。