

Beginner Speaking Practice



Developing healthy habits and avoiding unhealthy ones can help us live longer. Eating fruits and vegetables, exercising, brushing our teeth, and getting medical check-ups are things we can do to improve our health. Smoking and not getting enough sleep are bad habits that can shorten our lives.

You can see the whole lesson from your teacher, please ask them to send it to you before the 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。