

A Healthy Lifestyle

Maintaining a healthy lifestyle takes good planning, patience, and dedication.

Think of five important steps to maintaining a healthy lifestyle and support your answers.

VOCABULARY:

fridge (noun): short for "refrigerator"

Example: I think we need to buy a new fridge. The old one just doesn't cool properly.

hon (pronoun): short for "honey"

Example: Hon. Could you wake me up early tomorrow morning?

humph: a word showing disbelief

Example: Humph. There's no way you can lift all that weight!

abandon (verb): in this case, "give up" the idea

Example: They had to abandon the plan to build a house due to a financial crisis.

out of shape (idiom): in poor physical condition

Example: I have to start exercising because I'm so out of shape.

physical (noun): a medical examination

Example: She had to have a physical before she joined the track team.

cut back on (phrasal verb): to reduce

Example: I have to cut back on the fatty foods I've been eating.

take up (phrasal verb): begin or start

Example: He has decided to take up cooking in his spare time.

cardiovascular system (noun): your body's blood circulation system including your heart, veins, and arteries

Example: Running at least 30 minutes a day helps improve your cardiovascular system.

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。