

5 ho needs to diet,



I never **go on a diet**: It's a **waste of time**. Diets list all the food that is **good for you**, but few people can **keep them up**. I haven't **put on weight** in twenty years.

Here's why:

- I eat almost anything I like, but I don't eat a lot. And I don't eat **junk food**.
- I drink **plenty of water**. It's better for you than **fizzy drinks**, and cheaper too.
- I avoid **snacks** between meals because most of them are **fattening**.
- I've **cut down on** the amount of food I eat in the evening.
- I get plenty of **exercise**.

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。