

KE Mail Magazine a monthly magazine providing readers with study tips, practice exercises for studying English, as well as health and fitness advice.



This issue focuses on Idioms and Walking Workout tips.

..... **Idioms**

Native English speakers use many idioms in daily conversation
Understanding idioms will help you to be a better communicator in English



right away:

very soon; immediately; at once すぐ、さっそく

-  Dinner will be ready *right away*. Please wash your hands.
-  I'll e-mail him *right away*!

sooner or later:

eventually; after a period of time のちほど、けっきょく、

-  If you study English hard, *sooner or later* you'll become fluent.
-  I'll e-mail him *sooner or later*.

..... **Vocabulary**

Use the following vocabulary to help you read **Health Tips**.

- Workout; exercise: 運動
- pace: ペース
- throughout: ずっと
- while: ~ながら
- progress: 進み
- as long as you can: できるだけ

..... **Health Tips**

Walking Workouts (exercise) to lose weight

- 1) Start with short walking workouts and progress to longer workouts.
- 2) Wear proper sports shoes. Do not wear sandals, boots, Crocs, etc.
- 3) Keep an easy pace throughout the workout.
- 4) Drink lots of water while you exercise. Take a bottle of water with you.
- 5) Keep a journal of how much you walk each time.

Example workout:

Week 1: Walk for 10 minutes, twice a day, 5 times a week

Week 2: Walk for 15 minutes, twice a day, 5 times a week

Week 3: Increase to 20 minutes, twice a day, 5 times a week

Go a little faster. After 3-5 minutes of walking, increase your speed to a fast walk for as long as you can.

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We hope you can find something useful in this month's issue!

Thank you for reading.

Until next month,

Kenko English