


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


In this issue: Idioms and Health Tips

..... Idioms

To look at:


Give one's attention to; to watch; 見る


 I like to *look at* paintings in the museum.

 I enjoy *looking at* the stars in the sky.

To look for:

To try to find, to search for; 探す

 I *looked for* my glasses but couldn't find them.

 We *looked* all over *for* you at the mall.

..... Vocabulary

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

Exercise: 運動

Routine: いつもの

Results: 結果

Set goals: 目標を作る

Achieve a goal: 目標を達する

Metabolism: 新陳代謝

Energize: 元気づける

..... Health Tips

5 Tips for healthy success:

1. "Do 10 before 10": Try to do 10 minutes of movement or exercise before 10:00am. This will help you to start your day in a healthy and positive way.
2. "Do it now and Do it often": Try to make fitness a part of your everyday routine. It must be done regularly to get results. (see #1 above)
3. Set small goals to help you achieve your big goal. Setting daily or weekly goals will ensure you get to your final goal.
4. Eating breakfast will help energize you for the day, and get your metabolism going!
5. Join 健康 ENGLISH fitness events. Next one will be on September 28th from 9:30- 10:30am.

..... KE Event #2

健康 ENGLISH 英会話 event #2 is scheduled for...

Sunday, September 28th from 9:30am~10:30am

At Ohori Park **大濠公園 (ミスのほうの入り口で待ち合わせしましょう!)**

Purpose is to:

1. Practice English 英会話交流
2. Fight Metabolic Syndrome **メタボ対策!!!**

Please bring friends or family members and have a good time **ご友人や、ご家族も一緒にご参加ください**

There is no charge for this event. **参加費は無料です。**

How to apply; **お申し込み方法:**

- 1) メール: info@kenkoenglish.com お名前、人数と電話番号と”See you there!”を書いて下さい
- 2) 電話: 健康 ENGLISH に (092-577-8647) 名前、人数と電話番号をお伝えください



Please check *LATEST NEWS* on the Kenko English home page for event information and news.

www.kenkoenglish.com/special.php

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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