

Lesson 2 Healthy Bodies, Healthy Minds

[의사소통 기능]

- 습관과 일과 묘사하기

I do a thousand jumps after lunch.

- 충고하기

I think you should sleep more for your health.

[언어 형식]

- 접속사 if

If you do this set of stretches, you'll feel better.

- 「사역동사 + 목적어 + 동사원형」

It can make you feel dizzy.

Listen & Speak A

1

G Minsu, why are you sweating?

B I just did my jump ropes. I do a thousand jumps after lunch.

G That's cool! Can I join you tomorrow?

B Of course.

2

B Juni, you look very tired.

G I watched short-form videos until 2 a.m. last night.

B What? I think you should sleep more for your health.

G You're right. I'll go to bed early tonight.

3

B You always carry that water bottle, Jenny.

G Yes. I try to drink two liters of water a day.

B That's a good habit!

G Why don't you try it too, James?

B Okay, I'll try it.

4

G Kevin, are you eating chips again?

B Yes, these chips are my lunch.

G I think you should eat school meals instead. Chips have too much salt and fat.

B Okay. I'll try.

Listen & Speak B

B I'm really stressed about my studies these days.

G I understand. Do you have any hobbies for relaxing, Seonu?

B Not really. I just play games sometimes.

G Games are fun, but I think you should try some physical activities.

B Like what?

G How about jogging? You can listen to your favorite songs while you run.

B That's a good idea. Do you have any hobbies, Jiwon?

G I take dance classes every evening. It's so much fun.

Review Lounge

1

M Chris sleeps eight hours a day and he never skips breakfast. He also works out every day. Chris stays healthy with these good habits.

2

B You don't look well.

G Sihun, I have a headache.

B Didn't you sleep well last night?

G No, I didn't.

B Then I think you should get some rest.

G Okay, I will.

3

B James is busy every Sunday. He studies math in the morning. He rides his bike after lunch. He takes swimming lessons in the evening. He reads books at night.

2과 본문

How's Your Neck Doing?

Many students have "turtle neck." This happens when their head sticks forward. It often comes from using smartphones, studying, or sitting for a long time.

When you have turtle neck, you may get neck pain, back pain, or headaches. But don't worry! Here are some easy stretches to help with turtle neck.

Desk Stretch

Sit up straight and move your head slowly from side to side. Put your right hand on the left side of your head. Then gently pull your head to the right. Hold for 5 seconds. Repeat on your left side. Finally, put your hands together and hold your chin with your thumbs. Push your head back slowly. Hold for 10 seconds. If you do this set of stretches, you'll feel better.

Standing Stretch

Stand and spread your feet. Bend your arms to make a W shape. Then lean your head backward. Look up at a 45-degree angle. Hold for 10 seconds. This stretch is great for your neck and shoulders.

Bedtime Stretch

Lie on your bed with your head at the edge. Let your head hang off the bed. Hold for 60 seconds. Don't do this for longer than 60 seconds. It can make you feel dizzy. This stretch helps relax your neck and back.

One thing is more important than stretching: good habits in everyday life. Don't look down at your smartphone or computer monitor. Try to keep it at eye level. When you are sitting, sit up straight and keep your feet on the floor. If you are studying for a long time, you should stretch every 50 minutes. Good habits keep your neck healthy and strong.