



Hello, everybody. It seems to have been a long time since many of us met at last year's "Eigo-de-Discussion." We are meeting once again, and this time, we have some new participants joining us. I'm sure those people will make this get-together all the more interesting and exciting.

For today, I've been thinking for weeks about what the first topic should be. These days, a lot of news we hear is not necessarily very encouraging, such as the hollowing out of Japanese industries and the economic downturn. Such kinds of news sometimes seem extremely threatening both economically and psychologically. However, if we are physically and mentally healthy, at least, we can probably come up with some solutions to these problems and deal with this difficult world. So today, I'd like to talk about staying fit.

Questions

- 1) Are there any special foods you eat to stay healthy? Are you on any special diet?

- 2) Are you making any special effort to maintain a desirable weight or to lose weight?

- 3) What kind of exercise do you do to keep in shape? Are there any tricks you have to sticking to an exercise routine?

- 4) What do you do to *prevent* stress? What do you do to *relieve* stress?

- 5) Do you think you sleep well? What suggestions do you have to help you get a good night's sleep?

