

Lesson 59: Health

By Xandra

1. Dialogue

First, repeat after your tutor. Then, practice each role.

Hitoshi: I'm going on a cross-country bike ride in Spain. I want to make sure I'm fit for it.

Dr. Jones: Good for you! People usually come here because of health issues.

Hitoshi: How are my test results?

Dr. Jones: You have nothing to worry about. You're **in good shape**.

Hitoshi: I sometimes feel pain in my right knee. But it only happens when I'm riding a bike.

Dr. Jones: Hmmm, I've checked the x-rays. There's no swelling and I've ruled out osteoarthritis.

Hitoshi: So, what's causing the pain?

Dr. Jones: I think you are putting a lot of stress on your knee. Try to isolate the leg muscles when you pedal. That way, you lessen the pressure on your knees.

Hitoshi: I'll try that. Just in case the pain comes back during the bike trip, can you prescribe some pain killers?

Dr. Jones: No problem.

Hitoshi: Thanks a lot, doc. I'll bring you back a souvenir.

2. Today's Phrase

First, repeat after your tutor. Then, make a few sentences using Today's phrase.

1. My grandmother is 82 years old and she's still **in good shape**.
2. My car isn't **in good shape** anymore. It's been in and out of the repair shop in the past month.
3. Athletes work hard to be **in good shape** at all times.

* **in good shape** / 体調・調子が良い

3. Your Task

You are a dietician. A patient (=your tutor) is consulting with you about a weight problem. Get some information from the patient such as his/her weight, the nature of his/her work and what he/she eats every day. Give the patient some advice on what their meals should consist of.

4. Let's Talk

Are you a healthy person? Why do you say so?

What do you think is the secret to Japanese longevity?

5. Today's photo

Describe the photo in your words as precisely as possible.



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