

Introduction 《health care》



Reference Words & Phrases

Pretty good, a little out of shape, rarely, workout, exercise, jogging, do aerobics, do stretching exercises, do weight training, vitamins, minerals, alcohol, diet, junk food



Let's talk about your health care

Do you try to exercise regularly?

Do you eat and drink moderately?

Are you attentive in going to bed time?

Are you taking enough vitamins everyday?

Do you go to a doctor regularly?

