- 以下の英文を読んで、その内容を英語で要約し、解答欄に記入しなさい。
- 語数の目安は 45～55 語です。
- 解答は、解答用紙の英文要約解答欄に書きなさい。なお、解答欄の外に書かれたものは採点されません。
- 解答が英文の要約になっていないと判断された場合は、0 点と採点されることがあります。 英文をよく読んでから答えてください。

There are so many people concerning their shapes and how they look, wondering: Should I eat less or move more to lose weight? Let's check out both ways.

First, eating less can help. Paying attention to how much you eat and making smart food choices can burn more calories than you take in, making you lose weight. It's easy to start and doesn't need special equipment or lots of time.

On the other hand, moving your body regularly is also good. Exercise not only burns calories but also boosts your *metabolism and keeps your muscles strong. Doing both—eating well and moving your body—gives you the best chance to lose weight and stay healthy. It's not just about losing weight quickly; it's about finding a routine that fits your life and keeps you feeling good for a long time.

*metabolism = 新陳代謝

英文要約解答欄

語数の目安は45～55語です。

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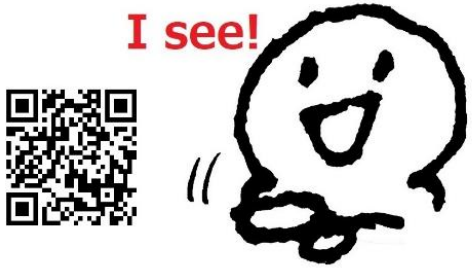
Skype セッションで添削を予約＞＞

＊印刷・記入後、本紙をスマホでパチリ。画像をセッションが始まる前に Skype 上でアドバイザーに送信しましょう。＊ご予約にはメンバーシップが必要です。

英検 2 級頻出英単語予想問題！無料体験＞＞