

1 What is the main idea of the passage?

When we decide to begin exercising, many of us will rush out and join a gym or buy costly exercise equipment with a vow to working out every day. We may go to the gym once or twice, use the equipment a couple of times and then quickly lose motivation. Exercise doesn't need to be such an all-or-nothing commitment. If you haven't exercised before or you've tried an exercise program in the past and been unable to stick with it, it's important not to set unrealistic goals. Committing to exercise for an hour a day in a gym may be too challenging at first, whereas committing to it for ten minutes just three or four times a week is more manageable. Once these short activities become a habit and you start experiencing the benefits, it's easier to progress to the next level.

(출처: <http://www.helpguide.org/life/exercise.htm>)

- ① Joining a gym is one of the best ways to start exercising.
- ② If you decided to start exercising, you should exercise every day.
- ③ It is important to set easily achievable goals when you start exercising.
- ④ It is important to keep ourselves motivated in order to exercise regularly.

[2-3] Read the following and answer the questions.

How can we reform habits? Whatever you want to achieve this New Year, there are a few key rules to making it happen. First, figure out what you actually want to do. Second, make a plan. Almost anything worth doing will be something you can't achieve all at once in a single act. It will be a _____, so break your resolution into manageable chunks. Figure out what you need to do to achieve each element and by when you will do this. Third, be realistic. Make a good resolution, but keep it simple, measurable and achievable. Fourth, telling your friends and family what you are going to do helps make it concrete and they may be able to help with your resolution. Finally, expect setbacks. Things don't always work out quite how we thought they would, but don't beat yourself up about it. Don't let setbacks discourage you, because if you're doing something worth doing you will almost certainly face some setbacks. Good luck with your resolutions and don't forget to reward yourself for making it happen.

(출처: <http://resolution-revolution.org.uk/making-resolutions/how-to-keep-your-resolutions/>)

2 Which is the best word for the blank?

- ① plan
- ② dream
- ③ chance
- ④ process

3 Which is the best title for the passage?

- ① How to Stay Motivated
- ② How to Keep Your Resolutions
- ③ How to Set an Achievable Goal
- ④ How to Break a Goal into Manageable Steps