

## Health Clubs



### Reading

Health clubs used to be a place only for the young and fit. Now, however, they are being joined by older members, and it's a trend that is expected to increase. People aged 55 and over currently make up almost a quarter of all memberships. Many health clubs have responded by developing programs for older adults. If an elderly person has been engaging in some activity such as gardening or walking, he or she can start at a health club immediately. Otherwise, it is better for him or her to see a doctor first.

Source: ESL Worksheets Junior

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。