

ใบความรู้ที่ 8 เรื่อง If I exercise, ...
หน่วยการเรียนรู้ที่ 2 เรื่อง Health & Wellness
แผนการจัดการเรียนรู้ที่ 11 เรื่อง Healthy Lifestyle 1
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Alex: Hey Jamie, if you join me for a run tomorrow morning, you'll feel energized for the whole day.

Jamie: That sounds great, Alex. If I wake up early enough, I'll definitely come. What time are you planning to go?

Alex: I was thinking about 7 AM. If we start early, we'll avoid the heat.

Jamie: That works for me. If I get my workout clothes ready tonight, it will be easier to get up in the morning.

Alex: Good idea. If you need any gear, let me know. I have an extra pair of running shoes.

Jamie: Thanks, but I have everything I need. If I feel too tired in the morning, I'll just remind myself of how good I'll feel afterward.

Alex: Exactly! If we keep a steady pace, we'll have enough energy to run for an hour.

Jamie: Sounds perfect. If we run regularly, we'll see improvements in our fitness pretty quickly.

Alex: For sure. And if we stay consistent, we might even be ready for a 10K race in a few months.

Jamie: That would be amazing. If I can stick to this routine, I'll be in much better shape by the end of the summer.

Alex: Absolutely. If you need motivation, just give me a call. We can keep each other on track.

Jamie: Will do. If I sleep well tonight, I'll be all set for tomorrow. See you at 7 AM!

Alex: See you then! If we keep this up, we'll achieve our goals in no time.