

# 10일 만에 끝내는 해커스 오픽 AL/IH 공략 [Jenna OPIc]

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## [18강] 요가, 헬스

(해커스 OPIc Advanced 공략 - 설문 Unit 20)

### ◆ Today's Topic

요가, 헬스

### ◆ Today's Lecture 강의 목차

1. 활용 가능 주제 & 3단 콤보 문제 유형
2. 나의 답변 틀 (스토리라인) 만들기
3. 실전 문제 & 모범 답안

#### 1. 주제 & 문제 살펴보기

##### [활용 가능 주제]

설문 주제: 공원가기

해변가기

카페가기

음악 감상하기

농구, 야구, 축구

수영

자전거

조깅, 걷기

집에서 보내는 휴가

돌발 주제: 야외 활동

건강

롤플레이: 요가 수업에 등록하고 싶으니 친구의 요가 수업에 대해 질문하기

요가 수업에 못 가게 되었으니 선생님에게 전화해서 설명하고 대안 제시하기

헬스장에 등록하려고 하니 전화해서 질문하기

헬스장이 마음에 안 드는 상황이니 가서 환불받는 대안 제시하기

### [3단 콤보 문제]

1. 요가하는 장소/다니는 헬스장 (응용: 요가/헬스를 할 때 입는 옷)
2. 요가/헬스를 시작하게 된 계기
3. 요가/헬스를 하다 겪은 경험

#### 2. 나의 답변 틀 (스토리라인) 만들기

[요가하는 장소/다니는 헬스장 = 요가/헬스를 할 때 입는 옷]

서론 - 운동 좋아해

본론 1 - 운동 장소

본론 2 - 옷과 준비물

마무리 - 운동 최고!

[요가/헬스를 시작하게 된 계기]

서론 - 운동 오래 했어

본론 1 - 과거 계기: 언제, 어떻게

본론 2 - 현재 습관

마무리 - 운동 덕분에!

[요가/헬스를 하다 겪은 경험]

서론 - 언제의 경험

본론 1 - 어디서, 무슨 일

본론 2 - 특별했던 점

마무리 - 기억에 남는 날!

#### 3. 실전 문제 & 모범 답안

★ 밑줄 친 부분은 여러분의 이야기로 바꿔서 말해보세요!

요가하는 장소/다니는 헬스장 (= 요가/헬스할 때 입는 옷)

Q. You indicated in the survey that you go to a fitness club. Tell me about the fitness club you go to. Where is it located? What does it look like? Describe it in as much detail as possible.

당신은 설문에서 헬스장에 다닌다고 했습니다. 당신이 다니는 헬스장에 대해 이야기해 주세요. 어디에 위치해 있나요? 그곳은 어떻게 생겼나요? 그것에 대해 되도록 상세히 설명해 주세요.

+ You indicated in the survey that you do yoga. Tell me about the yoga class you go to. Where is it located? What does it look like? Describe it in as much detail as possible.

당신은 설문에서 요가를 한다고 했습니다. 당신이 다니는 요가 수업에 대해 이야기해 주세요. 어디에 위치해 있나요? 그곳은 어떻게 생겼나요? 그것에 대해 되도록 상세히 설명해 주세요.

### (서론 - 운동 좋아해)

- I really like working out at a gym/practicing yoga, so I've been to many/several different gyms/yoga studios.
- Actually, I live in a big city, Seoul, so there are many nice fitness clubs/yoga studios nearby.

### (본론 1 - 운동 장소)

- Speaking of the gym/the yoga studio I go to, there is a place called Hackers Fitness and Yoga right across/behind my home.
- It's located within walking distance of my home; so I would say, about a 10-minute walk.
- What makes this place special is its huge size/great facilities.
- It has all of the things you would expect in a fitness club, like treadmills, workout machines and exercise rooms for yoga.
- Also, you can take personal training/group yoga sessions there.

### (본론 2 - 옷과 준비물)

- As for my workout clothes, I normally wear a pair of running shoes/sweat pants/yoga pants.
- It is important to wear proper shoes/pants that fit well to avoid injuries.
- Also, I always bring a bottle of water and some snacks like nuts or protein bars.
- I make sure to drink lots of water to stay hydrated/replace the water I lose by sweating.

### (마무리 - 운동 최고!)

- Anyway, I enjoy practicing yoga/working out because I always feel so great/healthy/refreshed afterwards.
- For me, it is the best way to stay fit/get rid of stress/spend my free time!
- I have to say I'm very lucky to have a nice gym nearby.

#### ★ 고득점 Key point

나의 운동하는 장소 → 6강 좋아하는 공원 묘사 표현 활용하기\*

- 위치 묘사) right across my home, about a 10-min walk
- 시설 묘사) It has all of the things you would expect in ~, workout machines
- 마무리) I enjoy ~ because I always feel refreshed afterwards

## 요가/헬스를 시작하게 된 계기

Q. When did you start practicing yoga? What made you become interested in it?

How did you feel when you first did yoga? Tell me about it in as much detail as possible.

언제 요가를 하기 시작했나요? 당신이 요가에 흥미를 갖게 한 것이 무엇인가요?

처음 요가를 했을 때 느낌이 어땠나요? 그것에 대해 되도록 상세히 이야기해 주세요.

+ When did you start going to a fitness club? What made you become interested in it?

How did you feel when you first went to a fitness club? Tell me about it in as much detail as possible.

언제 요가를 하기 시작했나요? 당신이 헬스장 가는 것에 흥미를 갖게 한 것이 무엇인가요?

처음 헬스장에 갔을 때 느낌이 어땠나요? 그것에 대해 되도록 상세히 이야기해 주세요.

(서론 - 운동 오래 했어)

- I absolutely love doing yoga/going to a gym, and I've been working out for quite a long time/so many years.
- So I would say, my love of yoga/gym workout goes back to a few/several years ago.

(본론1 - 과거 계기: 언제, 어떻게)

- I first started doing yoga/going to a gym when I was 20 years old because I was out of shape/kind of overweight.
- I wanted a way to lose weight/get in shape, so I searched online and lots of people suggested yoga/gym workout as a great option.
- So, I registered for a gym/a yoga class in my neighborhood.
- At the beginning, it was so hard to learn because I wasn't very flexible/strong.
- And of course, there were many poses beyond my ability.
- But after just a few weeks, my body got stronger, and I could stretch more easily.
- And after my first month doing yoga/going to a gym consistently, it became my life!

(본론 2 - 현재 습관)

- So at present/now, I practice yoga/hit the gym almost every day, and it's something I like to do for fun/as a hobby.
- I'm not at the advanced level yet, but I can definitely say I'm pretty good.
- In fact, I'm taking a group yoga/personal training session 3 days a week, and I'm hoping to become an expert in yoga/a fitness expert someday.

(마무리 - 운동 덕분에!)

- Overall, I would say yoga/gym workout is a great way to lose weight/keep in shape.
- You know, I've become more positive and energetic than before.
- Oh, and I've lost nearly 5 kilos, and I think it's gotten me in great shape.

★ 고득점 Key point

본론 1: 과거 이야기 / 본론 2: 현재 이야기 → 시제 정확히 + 다양하게!

과거) I first started doing yoga about 3 or 4 years ago.

It was really hard to learn because I wasn't so flexible back then.

현재 진행+현재 완료) I'm taking a group yoga session 3 days a week.

I've become more positive and energetic than before.

\*과거 계기: 시간 흐름을 표현하는 박스 안 **연결어** 사용하기!

요가/헬스를 하다 겪은 경험

Q. Have you ever had an interesting or special experience while doing yoga? When was it?

What happened? Talk about it in detail, and explain why it was so special.

요가를 하면서 흥미롭거나 특별한 경험을 겪은 적이 있나요? 그때가 언제였나요? 어떤 일이 일어났나요?

그것에 대해 상세히 이야기해 주시고 왜 그 경험이 특별했는지 설명해 주세요.

+ Have you ever had an interesting or special experience at a fitness club/a gym? When was it?

What happened? Talk about it in detail, and explain why it was so special.

헬스장에서 흥미롭거나 특별한 경험을 겪은 적이 있나요? 그때가 언제였나요? 어떤 일이 일어났나요?

그것에 대해 상세히 이야기해 주시고 왜 그 경험이 특별했는지 설명해 주세요.

(서론 - 언제의 경험)

- My special/interesting experience while doing yoga/at a gym? Well...
- One experience that sticks out in my mind is when I bumped into a friend in my yoga studio/gym.
- It happened on the first day I registered for the yoga class/the gym about 3 or 4 years ago.

(본론 1 - 어디서, 무슨 일)

- I remember it was super crowded/busy that day, so I had to wait in line to get into the exercise room.
- But then, I noticed the woman/the man standing in front of me looked familiar.
- In a minute, I realized she/he was an old friend from college, so I tapped her/him on the shoulder and said hi/smiled!

- When she/he turned around, she/he recognized me right away!
- We both were like, “You haven't changed a bit!”/“You've changed so much!”

### (본론 2 - 특별했던 점)

- What made the incident so special was that we hadn't seen each other for years/since graduation.
- I guess I could say, it's a very special chance meeting.
- So, we exchanged our phone numbers and promised to meet up for dinner/work out together sometime.

### (마무리 - 기억에 남는 날!)

- Looking back, it was so nice to run into a friend like that.
- And I have to say, it was a very memorable/pleasant experience because it allowed me to rekindle an old friendship.
- You know what? We've become great workout partners ever since then!

#### ★ 고득점 Key point

##### 경험 묘사 주제 문장

One experience that sticks out in my mind is when S + V.

→ One experience that sticks out in my mind is when I bumped into a friend in my gym.

It happened on the first day S + V ~ ago.

→ It happened on the first day I registered for the gym about 3 or 4 years ago.

##### 경험 묘사 다양한 시제

What made the incident so special was that we hadn't seen each other for years.