

Reading and Talking

Exercise during Covid-19

Because of Covid-19, many people now exercise at home instead of going to a gym. “Shop Japan,” an online shopping site, asked 5,262 people, who were between 20 and 69 years old, about exercise. About 62 percent of people think that they aren’t getting enough exercise during Covid-19, and 36 percent say that they have gained weight. At home, stretching, walking, and muscle building are the most popular ways to exercise. Doing sit-ups is the most common muscle building exercise for men and women.

(90 words)

Do you exercise regularly?

↳Yes, I do. / Kind of. (--What exercise do you do? / How often do you do it? / Why do you exercise regularly?)

↳No, I don’t. (--Do you think it’s OK? / Do you sleep well every night? / Do you have a healthy appetite?)

Are you good at playing sports?

↳Yes, I am. / Kind of. (--What’s your favorite sport to play? / What’s your favorite sport to watch? / Are you good at swimming?)

↳No, I’m not. (--Have you ever played tennis? / Have you ever gone snowboarding? / Can you ride a bicycle?)

Do you have a “taijuukei” bathroom scale at home?

↳Yes, I do. (--Where did you buy it? / How often do you weigh yourself? / Do you want to gain weight?)

↳No, I don’t. (--Do you want one at home? / When did you last weigh yourself? / Have you ever tried to lose weight?)

(18 September, 2020)

More Information

Exercise during Covid-19

The Covid-19 pandemic has left a lot of us feeling that we don't get enough exercise. Instead of going to a gym, many people are now working out at home. One national sports gear store, Sports Authority, says that fewer customers currently visit its stores, but online sales have increased by 20%. Weight training equipment, such as dumbbells for beginners, is especially popular and hard for them to keep in stock.

A recent survey by home shopping TV station and online shopping site "Shop Japan" asked 5,262 people between 20 and 69 about their current exercise. Around 62% think that they aren't getting enough exercise during the Covid-19 pandemic, and 36% say that they have gained weight.

According to the survey, stretching, walking, and muscle building are the top home workouts. For both men and women, the most common muscle-building exercise is sit-ups, followed by push-ups and squats for men, and squats and planks for women. (A plank is taking a position like a push-up, but using your elbows instead of your hands, and holding that position without moving.)

(184 words)
(18 September, 2020)

Reading and Talking

New ramen at 天下一品 (Tenkaippin)

Tenkaippin began as a “yatai” mobile food stall in Kyoto in 1971 (Showa 46). Now it is a successful ramen chain with over 230 restaurants in different parts of Japan. You can order ramen in “assari” soy-sauce-flavored lighter soup, in “kotteri” creamy, fuller-flavored soup, or in “yatai no aji” soup, which is a mix of the kotteri and assari. From September 21st, there is a new miso-flavored soup. It uses Hokkaido red “aka” miso, and Aichi “mame miso.” A medium-sized bowl of the new miso-ramen is about 880 yen. (96 words)

Do you want to try Tenkaippin’s new miso ramen?

↳Yes, I do. / Kind of. (--Have you ever had Tenkaippin ramen noodles? / Have you been to a ramen restaurant recently? / What’s your favorite ramen restaurant?)

↳No, I don’t. (--How come you don’t want to try it? / Is there a Tenkaippin restaurant near your house? / Have you eaten ramen noodles recently?)

Which ramen broth do you like best, miso broth, soy-sauce broth, or “tonkotsu” pork-bone broth?

↳I like [XXX] best. (→ Have you ever eaten ramen in Fukuoka? / Have you ever eaten ramen in Sapporo?)

↳I like all of them. (→ If you have to choose, which one do you like best? / Do you like “shio” plain salty broth?)

↳I don’t like any of them. (→ Do you like ramen noodles? / Do you know lemon ramen?)

(18 September, 2020)

More Information

New ramen at 天下一品 (Tenkaippin)

Ramen is a highly competitive business. People love to try new ramen restaurants, but it's hard to turn them into regular customers. Popular restaurants must keep their quality high, but that's not all. They have to come up with new ideas because customers get tired of ordering the same things no matter how delicious they are.

Tenkaippin is a successful ramen chain with over 230 restaurants across the country. You can order “assari” soy-sauce-flavored lighter broth or “kotteri” creamy, fuller-flavored broth, and the latter is what the chain is most famous for. Tenkaippin also serves “yatai no aji”, which is a hybrid of the kotteri and assari broths, and on September 21, a miso-flavored broth is going to be added to the menu.

The new broth uses red “aka” miso paste from Hokkaido, and Aichi's “mame miso” paste that contains only soybeans, salt, and water. A medium-sized bowl of the new miso-ramen is about ¥880.

Tenkaippin began as a “yatai” mobile food stall in Kyoto in 1971 (Showa 46). You can now buy its “kotteri” and “assari” noodles online at

<<https://www.tenkaippin.co.jp/shop/>>.

(187 words)

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