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Reader's Club

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- Question & Answer Period
- Questions
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Today's Idioms

go the whole nine yards *American, informal*

to continue doing something dangerous or difficult until it is finished • *The weather was terrible but I wanted to go the whole nine yards and get to the top of the mountain.*

the whole nine yards *American, informal*
the whole of something, including everything that is connected with it
• *When I eat Mexican food, I like to have fajitas, bean dip, guacamole – the whole nine yards.*

There's nothing to it. *informal*

something that you say in order to tell someone that something is very easy to do • *'I heard rollerblading was really difficult.'* *'Nah, there's nothing to it.'*

think nothing of doing sth

if you think nothing of doing something that other people find difficult, you do it very easily • *He's so fit. He'd think nothing of running ten miles before breakfast.*

Vocabulary & Pronunciation

reflect	- to give back an image of
resolve	- to make a decision about
vow	- a formal and serious promise
comaraderie	- Goodwill and light-hearted rapport between or among friends;
longevity	- long life
enhance	- make better
arthritis	- inflammation of a joint or joints
obese	- Extremely overweight
factor	- an element or cause that contributes to a result
shed	- to drop
stamp out	- bring to an end or halt
therapy	- treatment
cessation	- the stopping of sth
hectic	- very busy
holistic	- considering a whole thing
equip	- supply, provide for

Vocabulary & Pronunciation

drastic	- extreme
cold turkey	- Immediate
taper	- to become gradually narrower
moderate	- to become or cause to become less extreme or violent
landfill	- an area of land where large amounts of waste material are buried under the earth
whim	- a sudden desire or change of mind

Reader's Club

Top 10 New Year's Resolutions

Reader's Club

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make our top ten list?

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1. Spend More Time with Family & Friends

Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. Make plans to meet up with friends for an evening of camaraderie at a favourite restaurant or take the family to one of these popular places for family fun. Work shouldn't always come first!

2. Fit in Fitness

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.

Reader's Club

3. Tame the Bulge

Over 66 percent of adult North Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.

4. Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life! Even Allegheny County is trying to go smoke-free, and it's taken them a few tries as well. Locally, there are a variety of free support services, hotlines and smoking cessation classes to help you kick the smoking habit.

Reader's Club

5. [Enjoy Life More](#)

Given the hectic, stressful lifestyles of millions of North Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Consider one of holistic healing centers for products designed to bring balance to your body, mind and soul. Or just get out and try something new! Take up a new hobby or try your hand at skiing. Go to a theatre performance, or head to the local spa.

6. [Quit Drinking](#)

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available. There are a number of treatment-based programs, as well as support groups for families of alcoholics.

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7. [Get Out of Debt](#)

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

8. [Learn Something New](#)

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep.

Reader's Club

9. Help Others

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many non-profit volunteer organizations that could really use your help.

Or if your time is really in short supply, maybe you can at least find it in you to donate the furniture, clothing and other household items that you no longer need, rather than leaving them out by the curb to fill up our landfills.

10. Get Organized

On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, these tips and resources should get you started on the way to a more organized life.

Reader's Club

Q1 What is your new year's resolution for 2010?