

問題 次の英文を読み、各問いに答えなさい。

Wim Hof addresses the challenge of staying motivated to take cold showers during the winter. He acknowledges that it's easier to take cold showers in the summer when the weather is warm and pleasant. However, he emphasizes that cold showers are especially beneficial in the winter.

During winter, cold showers can significantly boost the immune system, helping to prevent the flu, colds, inflammation, and even depression. Although understanding how this works might be complex, the key point is that cold showers provide great health benefits.

Wim Hof encourages viewers to adopt the mindset of treating winter like summer. By imagining it's summer, you can mentally prepare yourself to handle the cold. This mental shift can help you stay motivated. He believes that the power of the mind is crucial in overcoming the challenge of taking cold showers in winter.

In conclusion, Wim Hof motivates people to take cold showers in winter by focusing on the health benefits and using the power of the mind to transform their perception of the ( ).

問1 次の問題について、本文内容に合う選択肢を1つ記号で選びなさい。

Question 1: How does Wim Hof suggest staying motivated to take cold showers during the winter?

1. Avoid taking cold showers in winter.
2. Adopt the mindset of treating winter like summer.
3. Take warm showers in winter.

Question 2: According to Wim Hof, what are some benefits of taking cold showers in winter?

1. It helps to boost the immune system and prevent the flu, colds, inflammation, and depression.
2. It makes the summer weather more enjoyable.
3. It helps you save on heating bills.

問2 本文最後の空所に適語を入れなさい。

## 模範解答

問 1

Question 1

2. Adopt the mindset of treating winter like summer.

Question 2

1. It helps to boost the immune system and prevent the flu, colds, inflammation, and depression.

問 2

cold