要約文: 下記の英文を読んで英語で要約してみましょう。

When exercising, some people like to walk or run, while others may join a gym or take swimming lessons. There are other options, too. These days, cycling is a very popular way for people to exercise.

Why do people choose cycling? Cycling is an excellent way to keep fit because it is good for the health, and it does not cause too much stress on the knees and back. Cycling also does not produce CO2 or cause traffic jams, so it is good for society when people use bicycles for commuting to work or going to school.

However, it might be difficult to ride a bicycle when it is raining heavily or snowing. Also, some places could be dangerous to ride, like narrow roads or roads with a lot of traffic. As a result, accidents involving cyclists may occur. (英検2級 7日間完成予想問題より)

STEP 1: 大切なポイントが書かれているところに下線を引きましょう。

STEP 2: 大切なところを英文でつないで書きましょう。別の単語で言えるところは少しだけ、変えてみましょう。例)choose → decide