

## Health (健康)

知识点:

如果想了解更多更详细的和健康、健身有关的表达，查看群文件“音频版词汇集”。

- sports fan/sports lover 体育迷 (看各种体育比赛)
- gym freak/ gym rat 健身狂人
- do sports 做体育运动
- Exercise(v.) 锻炼 / do exercises (n.) 做各种种类的锻炼

I enjoy exercising. / I enjoy doing exercises.

Have you had enough exercise today (锻炼的总量为不可数名词) ?

- physical activity 体育活动、体能活动

( outdoor activity 户外活动/ indoor activity 室内活动/ leisure activity 娱乐活动。不仅限于体育类的)

- work out (v.) /work-out (n.) 健身

How long do you work out at the gym?

It's a 9-minute strength work-out.

- slim down 变瘦

Regular workouts helped him slim down considerably.

- burn fat 燃脂

Jumping rope can really help me burn fat.

- shed pounds/ lose weight/ shift some weight

Eating fewer carbs (碳水) and more protein will help you shed pounds.

- I really want to shift some weight before my holidays.

- **bulk up=build muscle 变壮 增肌**

**You can still build your body strength by lifting weights without bulking up.**

- **good shape/bad shape 状态好、不好**

**I'm in good shape./ She's in bad shape.**

**I'm so out of shape.**

**I want to get in shape again.**

**You need to stay in shape for your marathon.**

## **1. How do you keep healthy?**

I try my best to keep myself healthy both physically and mentally. First of all, I make sure that I have a balanced diet (平衡饮食) that provides me with all kinds of nutrients (提供各种营养元素). I'll eat a variety of fruits, vegetables, whole grains, and proteins. Exercise is also very important in terms of maintaining overall well-being. I go to the gym on a regular basis, and even on those days that I'm not going to the gym, I try to stay physically active by using the stairs instead of the elevator (爬楼梯而不是坐电梯), and do squats (深蹲) at home every now and then. I also use my fitness band to count steps (计步). My daily target is 10000 steps. Another thing is, I make sure I get enough 8-hour-sleep every night so that I can regain all the energy. I feel that my stress level is so closely related to how much I sleep, so I'm always mindful about my sleep routine (睡眠作息). When it comes to mental health, I make sure I talk to my friends and family all the time to keep me company and share all those feelings and emotions with them. So yeah, that's basically everything. (罗列, 内容很多, 不用都说)

## **2. What are your favorite sports?**

① I love playing all sorts of ball games (球类运动). Tennis, badminton, Ping pong, you name it (你随便提, 每一项我都喜欢). I find them so

interesting. They are physically challenging (很消耗挑战体能) and involve a lot of skills and techniques. That's why I find them super interesting. I get fully relaxed by playing ball games. (原因)

② I love running. I go for a run every day in the morning before going to work. My favourite place for running is the botanical garden near home. Each time when I run there, I could get some sun, listen to birds singing, smell the flower fragrance in the air, just get closer to nature. It's the best way for me to start the day. (WH 法)

③ I go to the gym to work out on a regular basis (规律性健身). That's the best way for me to stay in shape (保持好的状态) and keep fit. Working out definitely helps me blow off the steam (减压) after work/after school. It definitely boosts my confidence (让我自信激增). Each time after a workout, I always feel like the hottest guy/girl in the world (每次健身之后, 我都感觉自己是最辣的人儿!). And plus, I get to make new friends at the gym. A gym is a perfect place to meet new people. (原因, 补充)

3. Are there health classes in your school? (只针对学生党)

No, I don't think so. Although I wish we could have (我倒是希望有) health classes as part of the curriculum (成为课程大纲的一部分). I mean, it is so important to understand our bodies, how our bodies work, all kinds of aspects related health, including physical, mental, and emotional well-being. There are so many things we should learn, like nutrition, exercise, sex education, and how to take care of your mental health, things like that. But unfortunately, we don't have any classes designed to educate students regarding health, and it's a shame (遗憾).

4. What sports help people stay healthy?

Honestly, any type of sports or physical activities can contribute to maintaining good health (任何体育或者锻炼活动). There are intense cardio

sports (剧烈的有氧运动) like swimming, running, and cycling, which is really good for your lungs and heart. There are also less intense options (不那么剧烈的) such as yoga and Pilates, which offer fantastic benefits (提供诸多好处) for improving your body strength, balance, and body coordination. They are all great stress relievers (减压器). When it comes down to staying healthy, you can try to engage in any activity that sparks your interest (激发兴趣) and keeps you motivated (保持动力) (分类讨论)

5. Is it easy for people to exercise in your country?

I think it's relatively easy for Chinese people to exercise as we have a lot of community sports centers and gyms. On top of that, I feel that people are very into doing exercises and keeping fit, especially older people. They are very creative with the way they exercise. For example, they don't have to go to the gym. They can just exercise on the street by doing Tai Chi (打太极), go to an open space and do square dancing (广场舞), or go to the park and exercise next to a tree. I once saw an old gentleman hang himself upside down from a tree branch (把自己倒挂在树枝上), trying to work out, which is mind-blowing. It's just amazing how people can find unique places to exercise. And once you have that mindset, you can exercise anywhere. (原因, 细节)

支持正版拒绝盗版