

Complete Lesson Transcript – Lesson 234 [English]

Kirin: Chinese Learn Online lesson 234 .

Hello everyone , I'm Kirin .

Raphael: Hello everyone , I'm Raphael .

Adam: And hello, I'm Adam.

Kirin: Welcome to Taiwan and our progressive course teaching Mandarin Chinese . What are we studying today ?

Raphael: Do you still remember that two lessons ago our topic was about yoga ?

Kirin: I do .

Raphael: Why is it that yoga has become so popular in the past few years ?

Kirin: Because in the past few years , more and more people have discovered , living a relaxing and easy life is more important than working hard everyday to make money .

Raphael: Today's first new word is

Kirin: All day .

Adam: All day.

Kirin: As well yoga is a very good exercise , that can take your nervous life and make it more relaxing and healthy .

Raphael: Right . So in today's lesson , the topic we are going to discuss is , what things can we do to make our bodies even healthier .

Kirin: So what do you know about healthy living ?

Raphael: Don't you feel I have a healthy body ?

Kirin: I think you are too thin , if your body could have a little more muscle, that would be much better .

Raphael: Very good, you just mentioned today's second new word

Kirin: Muscles .

Adam: Muscles. Note that this is a homonym for the word chicken in Chinese. But the [Flesh](#) uses a different character here.

Kirin: Muscles .

Raphael: The next new word is

Kirin: Purpose .

Adam: Purpose.

Raphael: The purpose for men who go to gyms , is mostly to increase their muscle size a little , or to get more . But the purpose for women who go to the gym , is that they hope which part of their body can be improved ?

Kirin: Body's figure .

Adam: The body's figure.

Kirin: So do you like it if your girlfriend has muscles ?

Raphael: Hmm, I just hope that her muscles aren't bigger than mine .

Kirin: I see .

Raphael: So when you go to the gym , what activities can you do to increase the size of your muscles ?

Kirin: Lift weights .

Adam: The literal meaning here is "lift heavy", and that is the term used to say "lift weights".

Kirin: So do you often practice lifting weights ?

Raphael: Of course . Did you think I was born with a body like this ?

Kirin: Umm, perhaps !

Raphael: Forget it . Now when you often go to the gym , what exercise do you like to do ?

Kirin: Most of the time I do yoga . Since not only does yoga improve the shape of our body , it can also help us decrease our level of stress .

Raphael: A few days ago at home , I tried to do some yoga .

Kirin: So what was the result ?

Raphael: The next day when I woke up , I found that every part of my body hurt a lot .

Kirin: Right . That's because your body is not yet used to doing this exercise .

Raphael: So at that moment, I made a decision to just focus on lifting weights .

Kirin: But if you want a healthy body , you need to do more than just lift weights .

Raphael: What do you mean ?

Kirin: Although lifting weights is good for your body , I believe there are other physical activities that are also helpful to the body .

Raphael: Like what for example ?

Kirin: You can jog .

Adam: The literal meaning here is “slow run”. And that, of course, means “to jog.”

Kirin: You could also go swimming or ride a bicycle .

Raphael: Those are good suggestions . Are there any other suggestions to make our body healthy ?

Kirin: Other than physical activities , you also have to pay attention to the foods that you often eat . For example you can eat a few more fruits, vegetables, eggs etc . Remember not to eat too many snacks that aren't good for the body .

Raphael: Now if you live outside by yourself , and there is no way for you to eat the vegetables and fruits prepared for you by your mom, what can you do ?

Kirin: If it's really this way , you can eat vitamins .

Adam: Vitamins.

Raphael: Very good . Any other suggestions ?

Kirin: Finally, you should pay attention to the bad habits that you have in your life .

Raphael: What kind of bad habits ?

Kirin: Like smoking or drinking too much alcohol . These are definitely bad for our body .

Raphael: Ok, let's take a moment to review the new words we taught you today .

Kirin: All day .

Adam: All day.

Kirin: Muscles .

Adam: Muscles.

Kirin: Purpose .

Adam: Purpose.

Kirin: Figure / Body shape .

Adam: Figure or body shape.

Kirin: To lift weights .

Adam: To lift weights.

Kirin: To jog .

Adam: To jog.

Kirin: Vitamins .

Adam: Vitamins.

Raphael: Ok, our premium subscribers can visit our website chineselearnonline-com to see more words related to healthy bodies .

Kirin: As well as more practice .

Raphael: Keep at it !