

**Lesson 234**

**Vocabulary Summary: Simplified:**

整天  
Zhěngtiān  
All day

肌肉  
Jīròu  
Muscle

目的  
Mùdì  
Purpose

身材  
Shēncái  
Body shape, figure

举重  
Jǔzhòng  
To fit weights

慢跑  
Mànpǎo  
To jog

维他命  
Wéitāmìng  
Vitamins

按摩  
Ànmó  
Massage

**Vocabulary Summary: Traditional:**

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All day

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**Vocabulary Summary: Simplified:**

有氧运动  
Yóuyǎng yùndòng  
Aerobics

仰卧起坐  
Yǎngwòqǐzuò  
Sit ups

伏地挺身  
Fúditǐngshēn  
Push ups

举哑铃  
Jǔ yǎlíng  
Lifting dumbbells

**Vocabulary Summary: Traditional:**

有氧運動  
Yóuyǎng yùndòng  
Aerobics

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Yǎngwòqǐzuò  
Sit ups

伏地挺身  
Fúditǐngshēn  
Push ups

舉啞鈴  
Jǔ yǎlíng  
Lifting dumbbells

## L 234 Notes (Simplified / Traditional)

1. You can see a new way of asking “What do you know about” by instead asking “What do you have in common with”, as seen in [Nà nǐ gēn jiànkāng de shēnghuó yǒu shénme guānxì ?](#)

[Nà nǐ gēn jiànkāng de shēnghuó yǒu shénme guānxì ?](#)

那你跟健康的生活有什么关系？ / 那你跟健康的生活有什麼關係？

So what do you know about healthy lives ?

2. [Mùdì](#) has a more specific range than [mùbiāo](#) . It is generally used for more shorter term objectives while [mùbiāo](#) refers to longer term visions.

[mùbiāo](#)

目标 / 目標

goal

3. In Chinese, we often refer to “practicing” lifting weights, as seen in **Nà nǐ chángcháng liànxí jǔzhòng ma ?**

Nà nǐ chángcháng liànxí jǔzhòng ma ?

那你常常练习举重吗？ / 那你常常練習舉重嗎？ So do you often practice lifting weights ?

4. The **zhe** is added to the end of verbs to describe an action that is performed for an extended period, as opposed to just an instance, as seen in **wǒ shì zhe zuò yújiā** . In this example, the speaker is emphasizing that he was performing yoga for an extended period as opposed to trying for an instance and giving up right away.

**wǒ shì zhe zuò yújiā**      我试着做瑜伽 / 我試著做瑜伽.      I tried to do some yoga

5. **Jiù hǎo le** is often used in situations where a conclusion has been reached (possibly prematurely). In the sentence **Suǒyǐ nà shíhòu wǒ zuò le yīge juéding , jiù shì zhuānxīn zuò jǔzhòng jiù hǎo le** he has now decided just to lift weights, whereas previously his goal may have been to do other exercises as well.

**Jiù hǎo le**      就好了 / 就好了      is good enough

**Suǒyǐ nà shíhòu wǒ zuò le yīge juéding , jiù shì zhuānxīn zuò jǔzhòng jiù hǎo le**

所以那时候我做了一个决定，就是专心做举重就好了 / 所以那時候我做了一個決定，就是專心做舉重就好了

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

6. **Bú yào** can be added to statements to turn them into the imperative form, as seen in **Jìde bú yào chī tài duō duì shēntǐ bù hǎo de língshí gēn xiǎochī** .

**Bú yào**      不要 / 不要      Don't want

**Jìde bú yào chī tài duō duì shēntǐ bù hǎo de língshí gēn xiǎochī** .

记得不要吃太多对身体不好的零食跟小吃 / 記得不要吃太多對身體不好的零食跟小吃

Remember not to eat too many snacks that aren't good for the body .