

**Complete Lesson Transcript – Lesson 240 [English]**

Kirin: Chinese Learn Online lesson 240 .

Hello everyone , I'm Kirin .

Raphael: Hello everyone , I'm Raphael .

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

Raphael: Today is the last lesson for level four . Let's first listen to today's review dialogue at normal speed .

Yann: The day before yesterday I went and worked out at a gym , and became one of their members .

Cindy: Oh, how come you suddenly decided to work out at a gym ?

Yann: Because last weekend , I found out I that I have gained weight , I now weigh more than seventy kilograms . So on that day I decided to start losing weight .

Cindy: Very good . So other than going to work out at a gym , do you have any other ways of losing weight ?

Yann: Yes, I will take a yoga class , ride a bicycle , climb stairs , use the elevator less etc .

Cindy: But it doesn't matter how much exercise you do , you still need to pay attention to the food you eat each day , right ?

Yann: You are completely right . For example recently I've been eating less snacks , like puddings and chocolates , and eating more vegetables, salads and fruits .

Cindy: Wow, if you do all these exercises everyday , and eat less snacks , I believe you will very quickly succeed in losing weight .

Yann: Right . Now do you know any ways that I can make my ears any smaller ?

Cindy: I'm really sorry . I have no way to help you in this area . Haha !

Raphael: Let's listen to this dialogue again at a slowed down speed .

Kirin: The day before yesterday I went and worked out at a gym , and became one of their members .

Oh, how come you suddenly decided to work out at a gym ?

Because last weekend , I found out I that I have gained weight , I now weigh more than seventy kilograms .

So on that day I decided to start losing weight .

Very good .

So other than going to work out at a gym , do you have any other ways of losing weight ?

I will take a yoga class , ride a bicycle , climb stairs , use the elevator less etc .

But it doesn't matter how much exercise you do , you still need to pay attention to the food you eat each day , right ?

You are completely right .

For example recently I've been eating less snacks , like puddings and chocolates , and eating more vegetables, salads and fruits .

If you do all these exercises everyday , and eat less snacks , I believe you will very quickly succeed in losing weight .

Right .

Now do you know any ways that I can make my ears any smaller ?

I'm really sorry .

I have no way to help you in this area .

Kirin: The fourth level of our course is now finished . Our students have worked hard .

Raphael: Right . If our students really completed level four , their Chinese will probably become pretty good .

Kirin: But our course hasn't finished yet .

Raphael: Right . Our goal is to make our students' Chinese become more and more fluent , so our course still has a level five .

Kirin: Hope you keep listening to our lessons .

Raphael: We'll see you next time !