

Lesson 240

Vocabulary Summary: Simplified:

我前天到一家健身房运动 Wǒ qiántiān dào yījiā jiànshēnfáng yùndòng I was working out at a gym the day before yesdterday

而且加入他们的会员了 Érqiě jiārù tāmen de huìyuán le As well, I became on of their members

你为什么突然想到健身房去运动? Nǐ wèi shénme tūrán xiǎng dào jiànshēnfáng qù yùndòng? Why did you suddenly decide to go work out at a gym?

因为上个周末 Yīnwèi shàngge zhōumò Because last weekend

我发现我变胖了 Wǒ fāxiàn wǒ biàn pàng le I discovered that I have become fat

胖到七十几公斤 Pàng dào qīshí jǐ gōngjīn I am now seventy kilograms

所以我当天就决定要开始减肥了 Suǒyǐ wǒ dāngtiān jiù juédìng yào kāishǐ jiǎnféi le So on that day I decided to lose weight

很好 Hěn hǎo Very good

那除了去健身房运动以外 Nà chúle qù jiànshēnfáng yùndòng yǐwài So other than working out at the gym

Vocabulary Summary: Traditional:

我前天到一家健身房運動 Wǒ qiántiān dào yījiā jiànshēnfáng yùndòng I was working out at a gym the day before yesdterday

而且加入他們的會員了 Érqiě jiārù tāmen de huìyuán le As well, I became on of their members

你爲什麼突然想到健身房去運動? Nǐ wèi shénme tūrán xiǎng dào jiànshēnfáng qù yùndòng? Why did you suddenly decide to go work out at a gym?

因爲上個周末 Yīnwèi shàngge zhōumò Because last weekend

我發現我變胖了 Wǒ fāxiàn wǒ biàn pàng le I discovered that I have become fat

胖到七十幾公斤 Pàng dào qīshí jǐ gōngjīn I am now seventy kilograms

所以我當天就決定要開始減肥了 Suǒyǐ wǒ dāngtiān jiù juédìng yào kāishǐ jiǎnféi le So on that day I decided to lose weight

很好 Hěn hǎo Very good

那除了去健身房運動以外 Nà chúle qù jiànshēnfáng yùndòng yǐwài So other than working out at the gym

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Vocabulary Summary: Simplified:

你还有什么其他的方法? Nǐ háiyǒu shénme qítā de fāngfǎ? Do you have any other things you are doing?

像是去上瑜伽课,骑自行车,爬楼梯, 少用电梯等等

Xiàng shì qù shàng yújiā kè, qí zìxíngchē, For example, I go to a yoga class, ride a bicycle, use the elevator less etc

可是不管你做了多少的运动

Kěshì bùguăn nǐ zuò le duōshǎo de yùndòng

But it doesn't matter how much exercise you do

你还是要注意你每天吃的食物,对不对?

Nǐ háishì yào zhùyì nǐ měi tiān chī de shíwù, duì bú duì?

You still have to pay attention to the food you eat everyday, right?

你说的一点都没错

Nǐ shuō de yīdiǎn dōu méi cuò Everything you said is exactly right

像我最近就会吃少一点的零食

Xiàng wǒ zuìjìn jiù huì chī shǎo yīdiǎn de língshí

For example, recently I've been eating less snacks

像布丁跟巧克力

Xiàng bùdīng gēn qiǎokèlì Like pudding or chocolate

然后多吃蔬菜沙拉跟水果

Ránhòu duō chī shūcài, shālā gēn shuǐguŏ And then I eat more vegetables, salad and fruits

Vocabulary Summary: Traditional:

你還有什麼其他的方法? Nǐ háiyǒu shénme gítā de fāngfǎ?

Do you have any other things you are doing?

像是去上瑜伽課,騎自行車,爬樓梯, 少用電梯等等

Xiàng shì qù shàng yújiā kè, qí zìxíngchē, For example, I go to a yoga class, ride a bicycle, use the elevator less etc

可是不管你做了多少的運動

Kěshì bùguăn nĭ zuò le duōshǎo de yùndòng

But it doesn't matter how much exercise you do

你還是要注意你每天吃的食物,對不 對?

Nǐ háishì yào zhùyì nǐ měi tiān chī de shíwù, duì bú duì?

You still have to pay attention to the food you eat everyday, right?

你說的一點都沒錯

Nǐ shuō de yīdiǎn dōu méi cuò Everything you said is exactly right

像我最近就會吃少一點的零食

Xiàng wǒ zuìjìn jiù huì chī shǎo yīdiǎn de língshí

For example, recently I've been eating less snacks

像布丁跟巧克力

Xiàng bùdīng gēn qiǎokèlì Like pudding or chocolate

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Vocabulary Summary: Simplified:

如果你每天多做一些运动

Rúguŏ nĭ měitiān dōu zuò yīxiē yùndòng If you do some exercise everday

少吃一点零食

Shǎo chī yīdiǎn língshí And eat less snacks

我相信你很快就能减肥成功的

Wǒ xiāngxìn nǐ hěn kuài jiù néng jiǎnféi chénggōng de

I believe you will succeed at losing weight very quickly

是啊

Shì a

Yes

那你知道什么方法可以让我的耳朵变得 比较小吗?

Nà nǐ zhīdào shénme fāngfă kĕyǐ ràng wŏde ĕrduō biàn de bàjiào xiǎo ma? Now do you know any ways to make my ears smaller?

真抱歉

Zhēn bàoqiàn I'm very sorry

这个部分我就没办法帮你了

Zhège bùfèn wŏ jiù méi bànfã bāng nǐ le I can't help you in this area

Vocabulary Summary: Traditional:

如果你每天多做一些運動

Rúguŏ nĭ měitiān dōu zuò yīxiē yùndòng If you do some exercise everday

少吃一點零食

Shǎo chī yīdiǎn língshí And eat less snacks

我相信你很快就能減肥成功的

Wǒ xiāngxìn nǐ hèn kuài jiù néng jiǎnféi chénggōng de

I believe you will succeed at losing weight very quickly

是啊

Shì a

Yes

那你知道什麼方法可以讓我的耳朵變得 比較小嗎?

Nà nǐ zhīdào shénme fāngfă kĕyǐ ràng wŏde ĕrduō biàn de bàjiào xiǎo ma? Now do you know any ways to make my ears smaller?

真抱歉

Zhēn bàoqiàn

I'm very sorry

這個部分我就沒辦法幫你了

Zhège bùfèn wŏ jiù méi bànfã bāng nǐ le I can't help you in this area



L 240 Notes (Simplified / Traditional)

1. The sentence wǒ fāxiàn wǒ biàn pàng le,	pàng dào qīshí jǐ gōngjīn literally means "I
found I have become fat, fat to seventy how i	many kilograms."

2.	Xiàng sl	hì and	xiàng	are different	ways of	saying	the same	thing.

Xiàng shì		For example
xiàng	像 / 像	For example

3. The speaker uses shǎo and duō to emphasize doing an action less often and more often respectively in shǎo yòng diàntī děngděng , shǎo chī yīdiǎn língshí and ránhòu duō chī shūcài, shālā gēn shuǐguǒ .

duō 多/多 more

shǎo yòng diàntī děngděng, shǎo chī yīdiǎn língshí

少用楼梯等等, 少吃一点零食 / 少用電梯等等, 少吃一點零食

use the elevator less often etc, eat snacks less often

ránhòu duō chī shūcài, shālā gēn shuǐguŏ

然后多吃蔬菜沙拉跟水果./ 然後多吃蔬菜沙拉跟水果.

and then eat more vegetables, salads and fruits

4. The speaker uses the "a little all no" sentence pattern to say Nǐ shuō de yīdiǎn dōu méi cuò .

Nǐ shuō de yīdiǎn dōu méi cuò.

你说的一点都没错./你說的一點都沒錯.

You are completely right