

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 juéding yào kāishǐ
jiǎnfēi 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

你為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?

因為上個周末
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 juéding yào kāishǐ
jiǎnfēi 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

Vocabulary Summary: Simplified:

你还有什么其他的方法?
Nǐ hái yǒu 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 bùguǎn 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 hái shì 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 shuǐguǒ
And then I eat more vegetables, salad and
fruits

Vocabulary Summary: Traditional:

你還有什麼其他的方法?
Nǐ hái yǒu shénme qítā de fāngfǎ?
Do you have any other things you are doing?

像是去上瑜珈課, 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 bùguǎn nǐ 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 hái shì 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

然後多吃蔬菜沙拉跟水果
Ránhòu duō chī shūcài, shālā gēn shuǐguǒ
And then I eat more vegetables, salad and
fruits

Vocabulary Summary: Simplified:

如果你每天多做一些运动
Rúguǒ nǐ měitiān dōu zuò yīxiē yùndòng
If you do some exercise everyday

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 fāngfǎ kěyǐ ràng
wǒde ěrduō 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 wǒ jiù méi bànfǎ 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
Rúguǒ nǐ měitiān dōu zuò yīxiē yùndòng
If you do some exercise everyday

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 hěn kuài jiù néng jiǎnféi
chénggōng de
I believe you will succeed at losing weight
very quickly

是啊
Shì a
Yes

那你知道什麼方法可以讓我的耳朵變得
比較小嗎?
Nà nǐ zhīdào shénme fāngfǎ kěyǐ ràng
wǒde ěrduō 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 wǒ jiù méi bànfǎ bāng nǐ le
I can't help you in this area

