

**Complete Lesson Transcript – Lesson 337 [English]**

Kirin: Chinese Learn Online lesson 337 .

Hello everyone , I am Teacher Yang .

Hugo: Hello everyone , I am Teacher Luo .

Adam: And hello, I'm Adam.

Kirin: Welcome to our learning Chinese course .

Hugo: In today's lesson , we are going to listen to an article that reviews the content taught in our last lesson . As well, in today's lesson , we are also going to hear some new words .

Kirin: Obesity .

Adam: Obesity.

Kirin: Outdoor .

Adam: Outdoor.

Kirin: Indoor .

Adam: Indoor.

Hugo: Let's first listen to today's article at a normal speed .

Kirin: These days around the world , there are more and more children who are developing obesity . One of the reasons for this is , in the past, children often performed outdoor activities , but now those outdoor activities are slowly being replaced by indoor activities . The result is that children have less opportunities for exercises . They are no longer willing to go outdoors to ride their bicycles , and instead prefer to stay inside and play on the computer or watch television . So what can be done then ? Parents should encourage their children more to do more outdoor activities .

During winter vacation , parents can choose to take their children skiing or skating . During summer vacation , they can take them roller blading . These activities are all types of exercises , which will reduce the problem of obesity in children , while making them healthier .

Hugo: Let's listen again to today's article at a slowed down speed .

Kirin: These days around the world , there are more and more children who are developing obesity . One of the reasons for this is , in the past, children often performed outdoor activities , but now those outdoor activities are slowly being replaced by indoor activities . The result is that children have less opportunities for exercises . They are no longer willing to go outdoors to ride their bicycles , and instead prefer to stay inside and play on the computer or watch television . So what can be done then ? Parents should encourage their children more to do more outdoor activities .

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Hugo: Our premium subscribers can also visit our website [chineselearnonline-com](http://chineselearnonline.com) to see the English translation of his lesson . As well, on our website , we are also going to ask you some questions related to this article , to see whether you really understand the content of this article .

Kirin: Keep at it .