



Staying Fit (Adv.)

About this lesson

In this lesson you will learn:

- How to praise a friend for their commitment to a task
- How to ask a friend for advice
- How to support a friend in a new endeavor
- How to discuss working out using colloquial language

You look fantastic!

Wow, **you look fantastic!**

哇! 你看起來棒極了!

Have you **lost weight** since I saw you last?

你是不是比上次見面時**瘦**了?

You look like you've been **working out**.

你看起來好像最近一直在**健身**。

It really shows that you've been **working out**, you look great!

你鍛煉的效果很明顯, 看起來棒極了!

I can't stay disciplined

How do you stay so **committed** to working out?

你怎麼能一直**堅持**鍛煉呢?

I've **tried and tried**, and **I just can't** stay **disciplined**.

我**試過好多次**了, 可**就是不能****嚴格執行**鍛煉計劃。

I just can't make myself go to the **gym**.

我就是沒法逼自己去**健身房**。

I just can't stay on track with my **workouts**.

我就是沒法**堅持**鍛煉。

Do you have any advice?

I've tried **making a habit** of **hitting the gym** after work.

我努力養成下班後去健身房的習慣。

I know if I went more I'd have more energy.
我知道，如果我多去健身，就能更精力充沛。

But it's hard to make that initial jump.
不過第一步總是很難。

Do you have any advice you can give me?
你能給我點兒建議麼？

First jump is the hardest

Well you're right, the first jump is the hardest.
你說的沒錯，萬事開頭難。

Once you go just one or two times, you'll find you already have more energy.
只要去過一兩次，你就會發現，自己的精力更加充沛了。

You'll start to find you don't feel tired at all after work.
你會發現，下班後一點兒不覺得累。

Then hitting the gym becomes easy and fun!
到那時候，去健身房就容易了，也更有趣了！

Helps to switch it up

Also, it helps to switch up your workouts.
另外，變換鍛煉的內容也有幫助。

If you always do the same thing, you'll start to get bored.
如果總是老一套，你就會慢慢失去興趣。

Then you'll lose your motivation for working out.
然後就會失去鍛煉的動力。

So if you start to get bored, try switching it up!
因此，如果你開始覺得無聊了，試著換換花樣！

Gotta take the plunge

It's really amazing that you're able to keep it up like that.
你能這樣一直堅持，真是讓人刮目相看。

I'm feeling inspired by you now!
你讓我深受鼓舞！

Thanks so much for your **advice!**
感謝你的**建議!**

I've decided this Monday I'm **hitting the gym no matter what.**
我決定，這個星期一**無論如何**都要去健身房。

I've just gotta **take that plunge!**
我必須得**邁出這一步!**

Video: The gym

Get ready to chat!

接下來，你要用新學的短語和虛擬人物對話。目標會告訴你要談論的話題。如果你不知道應該說些什麼，點擊 "Course of Action"。要想知道具體表達方式，就雙擊相應條目。如果你已經準備好可以開始對話了，請先點右上方的圓形按鈕，開始錄音。說完以後，再點一次這個按鈕，停止錄音。祝你學習愉快！