

## Going to the Health Club 去健身房 – 3 月 10 日

Once again welcome to English World. I am your friend Mark.

And I am your friend Guo Wen-Jie.

Today is a beautiful day.

Yes, it is beautiful. 今天外头天气真好。 I can't wait to go outdoors.

I know you like to walk and run everyday.

That's right. 我每天都喜欢走走路、跑跑步。

You try to exercise and stay healthy.

我是希望能多做运动，保持身体健康。

Good for you. Guess what I do to keep in shape?

听友你可知，马可做什么运动来健身吗？ You play sports with friends every week.

Right. My favorite sport is racketball.

他每周会和朋友打 racketball 墙网球运动。

I can always work up a good sweat from playing.

通常他运动之后总是全身大汗。 That's how you keep healthy.

Yeah. Hey, do you know our co-worker Josh exercises everyday after work?

哦，我们的同事 Josh 每天下班后都会去运动。

He loves to go to the Health Club,

他很爱去健身房 Health Club。

And have a good work out.

去好好锻炼身体。 No wonder. He looks really fit.

### Vocabulary 123 生词点滴

"Work out" this term means to train the body by heavy physical exercise.

Work out 这字词的意思是，做大量的运动来锻炼身体。

People say, I work out regularly.

常听人说， I work out regularly. 我经常努力锻炼身体。

And here's another phrase: "to stay fit" or "to keep fit". This means to "stay in good health".

另一个词， To stay fit 或 To keep fit 意思是，保持健康。

We say, He keeps himself fit by running everyday.

举例说， He keeps himself fit by running everyday. 他每天跑步来保持健康。

"Work Out" and "To Keep Fit"

Well Mark, do you go to the health club?

Not often. But I know a lot of people do.

马可虽然少去健身房，但是他认识许多人都去。

Some people go to the health club before work.

有些人甚至上班前就先去运动。 They are early birds. 他们是非常早起的。

In the Health Club, there are all kinds of equipment.

健身房内有各样的器材。

Let's see. There are bikes, treadmills...

有脚踏车，步行机

Benches and weight machines.

还有各种练习举重的器材。

One can focus on cardio work out.

一个人可以专心从事强健心血管的运动。

Or one can work on building muscle.

或者是作强健肌肉的运动。

As you know, many try to be Macho men.

许多人希望成为肌肉发达的男人。

Have you heard of the contest: The World's Strongest Man?

你有否听过，“全球大力士”的比赛呢？ Yes, I have.

### **Culturally Speaking 话说文化**

People in the West believe that if you have a healthier lifestyle, you will be a more productive employee.

西方人相信，如果你有较健康的生活方式，你会是比较有效率的员工。

Therefore, many western companies provide wellness programs.

因此，许多西方的大公司都推广身心健康的活动。

Like, health club memberships, free screenings, and stress management, etc.

好比，成为健身俱乐部会员，免费身体检查，教导处理压力之法等等。

These programs have become popular in the United States and Europe for over 25 years.

这些活动在许多美国和欧洲的公司盛行，已经超过 25 年了。

Coming up next, we are going to hear a conversation.

接下来，我们来听一段会话。

Two people are chatting in a local Health Club.

两个人在一个当地的健身俱乐部闲聊。

Let's listen on to their conversation.

我们来听听，他们谈什么。

Dialogue (A: newcomer B: Big Jack muscle guy)

A: Wow! How long have you been working out?

B: It's been a long time. I try to work out everyday.

A: No wonder. What's your secret?

B: Hard work and dedication.

A: I am willing to work hard to lose a few pounds.

B: If you're looking to lose weight, you need to do more cardio.

A: But I want to look like you, too.

B: Well then, you have to eat right and build strength by weightlifting.

A: I guess eating pizza doesn't help.

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紧接着，我和马来帮助你了解会话内容。

Wow! How long have you been working out?  
哇！你这样锻炼身体有多久时间了？  
It's been a long time. I try to work out everyday.  
有好一段时间了。我试着每天都锻炼。  
No wonder. What's your secret?  
难怪。你有什么秘诀呢？  
Hard work and dedication.  
秘诀就是：肯下功夫和全然投入。  
I am willing to work hard to lose a few pounds.  
我愿意下功夫来减轻一些体重。  
If you're looking to lose weight, you need to do more cardio.  
如果你要减重，你必须要多作心血管运动。  
But I want to look like you, too.  
但我也想象你一样有一身的肌肉。  
Well then, you have to eat right and build strength by weightlifting.  
那样的话，你必须要有好的饮食习惯，也要举重来强健身体。  
In that case, I guess eating pizza doesn't help.  
这样说来，我不该吃我所爱的比萨饼了。

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Wen-Jie, at the Health Club, they play loud, fast music.  
Yes, I notice. 健身房里的音乐通常是高音量快节奏的音乐。  
And there are personal trainers to guide you.  
也有一些私人教练会来指导你。  
People who go regularly find it very rewarding.  
常常去健身房的人，觉得很有收获。 Because they see immediate results.  
因为他们看到立时的果效。  
Right. They stay active. They feel strong and healthy.  
他们活力充沛，觉得身强体健。  
All right. Let's review the Everyday Dialogue once again.  
好，那我们再次来复习刚才的每日会话。

A: Wow! How long have you been working out?  
B: It's been a long time. I try to work out everyday.  
A: No wonder. What's your secret?  
B: Hard work and dedication.  
A: I am willing to work hard to lose a few pounds.  
B: If you're looking to lose weight, you need to do more cardio.  
A: But I want to look like you, too.  
B: Well then, you have to eat right and build strength by weightlifting.  
A: I guess eating pizza doesn't help.

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**Verse of the Week 每周金句**

For physical training is of some value,

操练身体、益处还少。

but godliness has value for all things,

惟独敬虔、凡事都有益处。

Holding promise for both the present life and the life to come.

因有今生和来生的应许。

I Timothy 4:8 提摩太前书

In this modern world, people are concerned about being healthy.

在这个现代世界里，许多人都关心身体的健康。

But apart from physical fitness,

但是除了身体的健康之外，

We should concern ourselves more on spiritual fitness.

我们更应该注重的，是灵性的健康 spiritual fitness。

Paul, who wrote the verse, encouraged young Timothy.

写以上经文的保罗，勉励年轻的提摩太。

To be an example to all believers.

要作众信徒的榜样。

Likewise, we should also train ourselves,

同样的，我们也该训练自己。

In Christian faith and character.

在基督信仰和德行上训练自己。

Spend time and energy to develop spiritual muscle.

花时间和精力来培养属灵的肌肉。

And strengthen our spiritual heart, which is our faith in Christ.

也强健我们的灵性心脏，也就是对基督的信心。 In another word Mark, we should join the “Spiritual Health Club”.

You are absolutely right. We should all join the “Spiritual Health Club”.

换句话说，就是我们每个人都应该加入“属灵健身俱乐部”。

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Well, our time is up once again.

今天节目时间又差不多了。

Our theme today is: Going To The Health Club.

今天带给你的主题是：去健身房。

You can come to the website and review old lessons.

你可以上网来复习旧的课程。

And we welcome you to write us and let us know how you are doing in terms of learning.

我们也欢迎你写信来，告诉我们你学习的进展。

If you write, we will write back to you, too.

你若来信，我们也会回信的。

Don't forget to join us again next time in English World.

别忘了，下回同时间收听《英语世界》。

This is your friend Mark,

And I am your friend Guo Wen-Jie.

May God Bless You. Zai-Jian.

改回再见，神祝福你。

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Wen-Jie, do you know what our coworker Josh likes to do after a good work out?

Huh, take a shower and go to bed.

No, no. He always gulps down a big "protein shake".

Protein Shake? Woo!

I think he wants to join the "World's Strongest Man" contest.

No wonder!