

At the Gym 去运动场锻链 – 11 月 24 日

Hello listener friends, it's good to be with you again.

听友，我们又见面了。

We are your radio friends, Mark & Wen-Jie.

我们是节目主持，马可和文洁。

Hey, time really flies. It's almost the end of the year now.

时光飞快，又快到年底了。

Have you had your annual medical check-up yet?

你作了年度健康检查了吗？

I had mine. And, the doctor says I'm extremely healthy.

他作了检查。医生说，他很健康。 That's great.

Good health is a great blessing.

拥有健康，是生命里的大祝福。

Come to think of it, our producer Josh looks very healthy.

对了，我们的制作人 Josh 是蛮健康的人。

Josh is very active and looks very fit.

他很活跃，身材也适中。 He likes to show off his muscles. 他喜欢炫耀他发达的肌肉。

Well, we do know he works out a lot.

我们都知道他常常 work out，作健身活动。

That has become part of his regular life.

那已经成了他日常生活的一部分。

Listener friends, coming up next we are going to hear Josh again.

听友，紧接著我们又要来听他的生活经验。

This is our new feature called: "A day in the life of Josh".

这是我们的新单元，叫 "Josh 的这一天"。

What's his experience at the gym?

他在室内运动场的经验如何呢？

Listen carefully and Wen-Jie will help you understand the content.

请仔细的听，我为你解释内容。

* (Insert: A day in the life of Josh - "At the Gym")

Lately I've been on a mission. A mission to get strong. A mission to get in great shape. 近来，我有个重大任务。任务是，要身体更强壮，更健康。(get in shape 是锻链身体，好更健美)

A mission to gain weight. A mission to gain muscle. I have always dreamt of massive biceps. 我的任务是：要增加体重，要肌肉发达。我一向希望我手臂上有巨大的二头肌。

It all started last September. I lost 35 pounds because I had my tonsils removed. I could not eat or drink anything for a full week! Any bit of a muscle I had was gone in one week. Everything! That's when I knew I wanted a change.

这一切事的起头，是从去年九月开始的。我因为扁桃腺发炎，必须开刀动手术除掉，结果竟然体重减了 35 磅。一整个星期，我不能吃食物也无法喝东西。身上仅有的一点点肌肉在一个星期之内就这样没了，通通不见了。那时我知道我一定要有所改变。

I used to go to the gym and just do cardio. I would run on the treadmill, walk on the Stairmaster, and occasionally hop on the bike. 我以前经常上室内运动场作心血管增强运动，我会在跑步机上跑步，会在台阶机上爬楼梯，偶而也会踩一踩脚踏机。

I guess I was just intimidated of going where the big boys were, I didn't want to be embarrassed with how small I was. 至於那些大男生会去的健身区，我心里觉得很有威胁感。我不想被人取笑我肌肉太小而感到难堪。(intimidated 是受到威胁, embarrassed 是觉得难堪)

Then I thought, well, these guys had to be small too at one point right. You have to start somewhere I suppose. So I walked back to the big boy section. 后来我想，这些大男人也曾经有过肌肉不大发达的时候。一个人总是要从某个点开始进步的。因此，我走到设在後头的大男人健身区。

I put the Rocky soundtrack full blast on my i-pod. With determination written all over me, I grabbed a weight and started lifting. 我把“洛基”那部电影的主题曲开到最大声，戴上我的 i-pod 音乐随身听。从头到脚，我全人都散发出一股决心，我抓起一个重量码，开始作举重锻链。(with something written all over, 就是全人都散发出什么的意思。)

10 months later, I'm working out 5 or 6 days a week! I was motivated, and after a lot of chicken and plenty of protein shakes, I was able to get back to my normal weight. Except this time, a lot of it was muscle. 十个月过去了，我现在每周都至少来这儿报到五到六回。我被驱动要好好健身，加上吃了许多炸鸡，喝了许多蛋白质补充饮料後，我总算得回了原先的体重。但这回，我可是增加了许多的肌肉。

I guess you can say I'm addicted now. Once you see results, you just want more. So, What motivates you? What do you look forward to when you wake up in the morning? 你可能会说，现在的我对健身运动上了瘾。不过，你一旦看到成果，你自然希望会有更多的肌肉。对你而言，什么驱动你去行动呢？当你早上醒来时，你心中又对什么有所期待呢？

Wen-Jle, do you remember the time when Josh was sick?

Yes.我们都记得 Josh 生病时的那段时光。
But look at him now,
但现在看他。
He looks like a completely different person.
他变成全然不同的一个人。
We can see that his effort has paid off.
我们看到，他的努力有了成果。
Way to go, Josh.
Josh 你作得很好！
Let's review the dialogue without interruption this time.
我们这回以英语从头到尾不间断的听一回。

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So I walked back to the big boy section. I put the Rocky soundtrack full blast on my I-pod. With Determination written all over me, I grabbed a weight and started lifting.

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Hum...What do I look forward to when I wake up?

一早醒来时，我会期待什么呢？

For me, I look forward to a good breakfast.

马可一早起来最期待的事是，吃顿好早餐。

Food is important for keeping a body healthy.

食物对强健身体也很重要。

When it comes to keeping ourselves healthy,

若是谈到使自己更健康，

We all need to work hard.

我们都需要做许多事。

Like, eating well 像吃得对, getting plenty of sleep 睡得足, and plenty of exercise.
从事锻链等等了。

But what about your spiritual health?

但你属灵的健康又如何呢?

What do you do to keep it healthy?

你做什么来使灵性健康呢?

Words of Wisdom 智慧良言

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。

I Tim. 4:8 提摩太前书

In order to train ourselves in godliness,

要锻链敬虔, 我们必须怎样呢?

First, we need a godly diet.

首先, 我们要有对敬虔的渴求的心。

To get nourishment from the truth of God's word.

从神的话语里得营养。

And we need godly exercise and training.

我们也需要有培养敬虔的训练。

That is, to follow what we have learned.

就是把所学的实行出来。

It takes effort and determination on our part.

这需要我们有努力、有决心。

So, do you exercise your spiritual life everyday?

你现今是否在神的运动场上锻链呢?

Well listener friends, our time is up.

我们时间又差不多了。

Today's lesson was called: At the Gym.

今天这课, 叫: 去运动场锻链。

Please go to our website:to review lessons engworld.org.

你可以到我们的网站 engworld.org 来复习课程。

Also, we welcome your letter and email.

我们也欢迎你的来信和电邮。

Tell us what kind of training and exercise you do.

告诉我们你从事怎样的锻炼。

Don't forget to tune in for another lesson on English World.

别忘了下回按时收听英语世界。

I am your friend Mark, along with Wen-Jie.

我们是你的朋友马可和文洁。

Take care & Zai-jian!

Mark, look at the muscles on my arms.

Well, I'm impressed.

This is achieved by years of training.

Do you lift weights?

No. something even more strenuous. I am a mother, a wife, and a housekeeper.