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day 25 i don't feel well

Chinese HSK 5 in 80 days
unit 5 · body & mind

Say where it hurts and how you feel, and guess what's wrong: "it seems…", "as if…".

When you're ill in a new country, explaining your symptoms clearly matters a lot.

words

word	pinyin	meaning	example
似乎	sìhū	it seems, apparently	他今天似乎不太高兴。 He doesn't seem very happy today.
仿佛	fǎngfú	as if, as though	他高兴得仿佛年轻了十岁。 He was so happy he looked ten years younger.
着凉	zháoliáng	to catch a chill	晚上别开着窗户睡觉，小心着凉。 Don't sleep with the window open, or you'll catch a chill.
流感	liúgǎn	flu	最近很多人得{de2}了流感。 Lots of people have had the flu lately.
疼痛	téngtòng	pain; aching	这种药可以缓解疼痛。 This medicine can relieve the pain.
胃	wèi	stomach	我胃不舒服，不想吃东西。 My stomach isn't right. I don't feel like eating.
腰	yāo	waist; lower back	坐了一天，我的腰好疼。 After sitting all day, my lower back really hurts.
牙齿	yáchǐ	teeth	每天都要刷牙，保护好你的牙齿。 Brush every day and look after your teeth.
嘴巴	zuǐba	mouth	张{=to open}开嘴巴，我看看。 Open your mouth and let me have a look.
背	bèi	the back; to recite	我的背{bei4-5}有点儿疼。 My back hurts a bit.
手指	shǒuzhǐ	finger	我切菜的时候切到了手指。 I cut my finger while chopping vegetables.
肌肉	jīròu	muscle	跑完步以后，腿上的肌肉很疼。 After the run, my leg muscles ache.
人体	réntǐ	the human body	水对人体非常重要。 Water is vital to the human body.
大脑	dànǎo	brain	睡觉的时候，大脑也在工作。 Even while you sleep, your brain keeps working.
消化	xiāohuà	to digest	吃得太快，不好消化。 If you eat too fast, it's hard to digest.
过敏	guòmǐn	to be allergic	我对猫过敏，一见到猫就不舒服。 I'm allergic to cats. As soon as I'm near one I feel ill.
毛病	máobìng	fault; bad habit; illness	我的电脑又出毛病了。 My computer's playing up again.
病情	bìngqíng	patient's condition	医生说他的病情好多了。 The doctor says he's much better.

好转	hǎozhuǎn	to get better, improve	吃了药以后，她的病情慢慢好转了。 After the medicine she slowly got better.
缓解	huǎnjiě	to ease, relieve	散步可以缓解压力。 Going for a walk can relieve stress.
痛苦	tòngkǔ	painful; suffering	看到他这么痛苦，我心里也很难过。 Seeing him suffer like that makes me sad too.
伤	shāng	wound, injury; to hurt	他的腿受了伤，要休息一个月。 He hurt his leg and needs a month's rest.
疾病	jíbìng	disease (formal)	经常运动可以减少很多疾病。 Regular exercise can cut down many diseases.
呼吸	hūxī	to breathe	慢慢呼吸，别紧张。 Breathe slowly. Don't be nervous.
汗水	hànshuǐ	sweat	跑完步，他的衣服全是汗水。 After his run, his clothes were soaked with sweat.

pattern 似乎 it seems, 仿佛 as if

subject | **似乎 / 仿佛** | **what it looks like**

似乎 + verb or adjective is a guess from what you see: 他似乎很累 he seems tired. 仿佛 means "as if", comparing with something that isn't quite real: 我仿佛又活过来了 I felt as if I'd come back to life. 仿佛 is a little more literary.

你似乎瘦了，最近是不是太累了？ **nǐ sìhū shòu le zuìjìn shì bu shì tài lèi le** You seem to have lost weight. Have you been overdoing it?

他张开嘴巴，似乎想说什么。 **tā zhāng kāi zuǐba sìhū xiǎng shuō shénme** He opened his mouth as if to say something.

吃了药以后，我仿佛又活过来了。 **chī le yào yǐhòu wǒ fǎngfú yòu huó guolai le** After the medicine, I felt as if I'd come back to life.

dialogue you don't look well

manager lin 安娜，你今天似乎不太舒服，怎么了？
Ānnà nǐ jīntiān sìhū bú tài shūfu zěnme le · Anna, you don't seem very well today. What's up?

anna 上个周末在山区遇到了暴雨，好像着凉了。
shàng gè zhōumò zài shānqū yùdào le bàoyǔ hǎoxiàng zháoliáng le · I got caught in a storm up in the mountains last weekend. I think I caught a chill.

manager lin 是不是得了流感？最近公司里好几个人都病了。
shì bu shì dé le liúgǎn zuìjìn gōngsī lǐ hǎo jǐ gè rén dōu bìng le · Could it be flu? Several people here have been ill lately.

anna 应该不是。就是头疼，腰和背上的肌肉也有点儿疼。
yīnggāi bú shì jiùshì tóu téng yāo hé bèi shàng de jīròu yě yǒudiǎnr téng · I don't think so. Just a headache, and the muscles in my back ache a bit.

manager lin 呼吸有问题吗？胃难受吗？
hūxī yǒu wèntí ma wèi nánshòu ma · Any trouble breathing? Is your stomach upset?

anna 呼吸没问题，就是不想吃东西。昨天晚上衣服上全是汗水，今天好一些了。
hūxī méi wèntí jiùshì bù xiǎng chī dōngxi zuótiān wǎnshang yīfu shàng quán shì hànshuǐ jīntiān hǎo yìxiē le · Breathing's fine, I just don't feel like eating. Last night I was drenched in sweat, but today I'm a bit better.

manager lin 我这儿有缓解疼痛的药，你先吃一片。
wǒ zhèr yǒu huǎnjiě téngtòng de yào nǐ xiān chī yí piàn · I've got something for the pain here. Take one for now.

anna 谢谢！我一忙起来就忘了吃饭，这是我的老毛病了。
xièxie wǒ yì máng qǐlai jiù wàng le chī fàn zhè shì wǒ de lǎo máobìng le · Thanks! Whenever I'm busy I forget to eat. It's an old bad habit of mine.

manager lin 人体需要休息，大脑也一样。你或是回家休息，或是去医院看看，今天别工作了。
réntǐ xūyào xiūxi dànǎo yě yíyàng nǐ huòshì huí jiā xiūxi huòshì qù yīyuàn kàn kan jīntiān bié gōngzuò le · The body needs rest, and so does the brain. Either go home and rest or see a doctor. No more work today.

anna 谢谢林经理，那我先回家了。
xièxie Línjīnglǐ nà wǒ xiān huí jiā le · Thank you, Manager Lin. I'll head home, then.

write it trace the grey, then write your own

似
sì
to seem, like

佛
fú
faint, blurred (in this word)

胃
wèi
stomach

good to know · Say where it hurts with place + 疼: 头疼, 腰疼, 胃疼. 疼痛 is the formal noun you'll see on medicine boxes. 背 has two readings: bèi is your back (背疼), bēi is carrying on your back (背包).

Head, back, stomach or breathing: now you can tell people exactly how you feel.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 26 at the hospital

Get through a hospital visit: register, explain the problem, follow the doctor, and say “it hurts like mad!”.

Chinese hospitals have their own routine: register first, then see the doctor, then pay and pick up your medicine.

words

word	pinyin	meaning	example
挂号	guàhào	to register (at hospital)	去医院看病，要先挂号。 At the hospital, you register first.
门诊	ménzhěn	outpatient (clinic)	这家{=(measure word)}医院的门诊每天都有很多人。 This hospital’s outpatient clinic is busy every day.
急诊	jízhěn	emergency (room)	他半夜发高烧，我们只好去看急诊。 He had a high fever in the night, so we had to go to A&E.
救护车	jiùhùchē	ambulance	快叫救护车！ Quick, call an ambulance!
抢救	qiǎngjiù	to give emergency treatment	医生们正在抢救病人。 The doctors are fighting to save the patient.
紧急	jǐnjí	urgent, emergency	遇到紧急情况，请打120。 In an emergency, call 120.
病房	bìngfáng	(hospital) ward	他住在三楼的病房。 He’s in a ward on the third floor.
手术	shǒushù	operation, surgery	手术很成功，你放心吧。 The operation went well. Don’t worry.
诊断	zhěnduàn	to diagnose	医生诊断她得{de2}了流感。 The doctor diagnosed her with flu.
治疗	zhìliáo	to treat; treatment	这种病要治疗一个月。 This illness needs a month of treatment.
医疗	yīliáo	medical (care)	这个城市的医疗条件很好。 Medical care in this city is very good.
医学	yīxué	medicine (the science)	她大学学的是医学。 She studied medicine at university.
药品	yàopǐn	medicines, drugs	药品要放在孩子拿不到的地方。 Keep medicines out of children’s reach.
药物	yàowù	medication	有些药物不能和牛奶一起吃。 Some medications shouldn’t be taken with milk.
中药	zhōngyào	Chinese (herbal) medicine	中药很苦，可是姥姥很喜欢。 Chinese medicine is bitter, but Grandma swears by it.
中医	zhōngyī	Chinese medicine; TCM doctor	他腰疼，去看了中医。 His back hurt, so he went to a Chinese medicine doctor.

伤害	shānghài	to hurt, harm	吸烟会伤害身体。 Smoking harms your health.
不得了	bùdéliǎo	terrible!; extremely	不得了，孩子发高烧了！ Oh no, the child's got a high fever!
预防	yùfáng	to prevent	多洗手可以预防流感。 Washing your hands often helps prevent flu.
伸	shēn	to stretch out	请把手伸出来。 Please hold out your hand.
摸	mō	to touch, feel	妈妈摸了摸我的头，说：“有点儿发烧。” Mum felt my forehead and said, "You've got a bit of a temperature."
抽	chōu	to draw (blood); to take out	明天早上要抽血，今天晚上别吃东西。 You're having a blood test tomorrow morning, so don't eat tonight.
用力	yònglì	to use force, push hard	别太用力，慢慢来。 Don't push too hard. Take it slowly.
握	wò	to hold, grip	他一直握着我的手。 He held my hand the whole time.
扶	fú	to support with the hand	你扶着我，我自己能走。 Just hold on to me. I can walk by myself.

pattern 不得了: how awful! / extremely

adjective or feeling + 得 + 不得了

On its own, 不得了！ is an alarm: "Oh no, this is serious!". After an adjective or a feeling verb + 得, it means "extremely": 疼得不得了 hurts terribly, 高兴得不得了 over the moon. In speech, 死了 does the same job: 累死了, 疼死了.

不得了，大白不见了！ **bùdéliǎo Dàbái bújiàn le** Oh no, Dabai's gone missing!

听到这个消息，她高兴得不得了。 **tīng dào zhège xiāoxi tā gāoxìng de bùdéliǎo** When she heard the news, she was over the moon.

今天热得不得了，我们别出门了。 **jīntiān rè de bùdéliǎo wǒmen bié chūmén le** It's incredibly hot today. Let's stay in.

我妹妹学医学，每天忙得不得了。 **wǒ mèimei xué yīxué měi tiān máng de bùdéliǎo** My sister studies medicine and she's run off her feet every day.

dialogue a&e with zhao yang

anna 李医生！我扶着赵阳过来了。他拍东西的时候摔倒了，手疼得不得了。
Lǐyīshēng wǒ fú zhe ZhàoYáng guòlái le tā pāi dōngxi de shíhou shuāi dǎo le shǒu téng de bùdéliǎo · Dr Li! I've brought Zhao Yang in. He fell over while filming, and his hand hurts terribly.

dr li 别着急。挂号了吗？门诊已经下班了，急诊在这边。来，把手伸出来，我看看。
bié zháojí guàhào le ma ménzhěn yǐjīng xiàbān le jízhěn zài zhèbiān lái bǎ shǒu shēn chulai wǒ kàn kan · Don't worry. Have you registered? Outpatients has closed, so A&E is this way. Come on, hold out your hand and let me see.

zhao yang 哎呀，疼死了！您轻一点儿。
āiyā téng sǐ le nín qīng yìdiǎnr · Ow, that's agony! Gently, please.

dr li 我摸一下。这里疼吗？用力握一下我的手。
wǒ mō yíxià zhèlǐ téng ma yònglì wò yíxià wǒ de shǒu · Let me feel it. Does this hurt? Squeeze my hand, hard.

zhao yang 握不了，一用力就疼。
wò bu liǎo yí yònglì jiù téng · I can't. It hurts as soon as I squeeze.

dr li 据我的经验，没有什么大问题，不用做手术。
jù wǒ de jīngyàn méiyǒu shénme dà wèntí búyòng zuò shǒushù · In my experience, it's nothing serious. No need for surgery.

anna 太好了！我还以为要叫救护车呢。
tài hǎo le wǒ hái yǐwéi yào jiào jiùhùchē ne · Thank goodness! I thought we were going to need an ambulance.

zhao yang 要抽血吗？我最怕抽血了。
yào chōu xiě ma wǒ zuì pà chōu xiě le · Do I need a blood test? I hate having blood taken.

dr li 不用。我给你开一些药物，再加一点儿中药。这些药品按时吃，这几天别用这只手。
búyòng wǒ gěi nǐ kāi yìxiē yàowù zài jiā yìdiǎnr zhōngyào zhèxiē yàopǐn ànshí chī zhè jǐ tiān bié yòng zhè zhī shǒu · No. I'll give you some medication and a little Chinese medicine. Take them on time, and don't use that hand for a few days.

zhao yang 谢谢李医生！以后拍东西的时候，我得小心一点儿了。
xièxie Lǐyīshēng yǐhòu pāi dōngxi de shíhou wǒ děi xiǎoxīn yìdiǎnr le · Thank you, Dr Li! I'll have to be more careful when I'm filming.

write it trace the grey, then write your own

治
zhì
to govern; to treat, cure

疗
liáo
to heal

防
fáng
to guard against



抽
chōu
to draw (blood); to take out

good to know · In a Chinese hospital you usually 挂号 (register, often on an app), see the doctor, pay, then collect your medicine at the pharmacy window. 死 after an adjective is a very common spoken "extremely": 累死了 I'm dead tired, 饿死了 I'm starving. It's casual, not rude.

From the registration desk to the doctor's words, a hospital visit in Chinese is no longer scary.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

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day 27 sleep & stress

Chinese HSK 5 in 80 days
unit 5 · body & mind

Talk about sleep, stress and mood, and say exactly how much: rather, especially, extremely, too.

Long hours and late nights are a real topic among young workers in Chinese cities.

words

word	pinyin	meaning	example
熬夜	áoyè	to stay up late	我昨天熬夜工作，今天特别累。 I stayed up late working yesterday and I'm shattered today.
失眠	shīmián	to be unable to sleep	压力太大的时候，我常常失眠。 When I'm under a lot of stress, I often can't sleep.
睡眠	shuìmián	sleep (noun)	良好的睡眠对身体很重要。 Good sleep is important for your health.
心理	xīnlǐ	psychology; the mind	运动对心理健康也有好处。 Exercise is good for your mental health too.
精力	jīnglì	energy	孩子们的精力真好，玩了一天也不累。 Kids have so much energy. They play all day and never get tired.
体力	tǐlì	physical strength	爬山很需要体力。 Climbing mountains takes a lot of stamina.
过于	guòyú	too, overly	你过于担心了，一切都会好的。 You worry too much. Everything will be fine.
相当	xiāngdāng	quite, fairly; to match	这个问题相当难。 This question is pretty difficult.
格外	géwài	especially, all the more	雨后的空气格外新鲜。 The air is especially fresh after the rain.
极其	jíqí	extremely	这件事极其重要。 This matter is extremely important.
过度	guòdù	excessive, over-	过度工作对身体不好。 Overwork is bad for your health.
过分	guòfèn	going too far, excessive	你这样说太过分了！ That's going too far!
程度	chéngdù	degree, extent, level	你的中文已经达到很高的程度了。 Your Chinese has reached a very high level.
心态	xīntài	attitude, mindset	心态好的人，压力也小一些。 People with a good attitude feel less stressed.
情绪	qíngxù	mood, emotions	他最近情绪不太好。 He's been in a low mood lately.
平静	píngjìng	calm, peaceful	听了这首歌，我的心慢慢平静下来。 Listening to this song, I slowly calmed down.
定期	dìngqī	regular, at fixed times	我们应该定期检查身体。 We should have regular check-ups.
持续	chíxù	to continue, last	这种情况已经持续两个星期了。 It's been like this for two weeks now.

缺乏	quēfá	to lack, be short of	他最近缺乏睡眠，总是很累。 He's short of sleep lately and always tired.
足够	zúgòu	enough	每天要有足够的睡眠。 You need enough sleep every day.
充足	chōngzú	plentiful, ample	这个房间阳光充足。 This room gets plenty of sunshine.
适当	shìdàng	suitable, appropriate	适当运动对身体有好处。 A sensible amount of exercise is good for you.
有益	yǒuyì	beneficial, good for	喝茶对身体有益。 Tea is good for you.
有害	yǒuhài	harmful	吸烟对身体有害。 Smoking is harmful to your health.
良好	liánghǎo	good, fine (formal)	良好的习惯要从小养成。 Good habits should start young.

pattern how much: 相当, 格外, 极其, 过于, 可

相当 / 格外 / 极其 / 过于 / 可 **adjective**

All go before an adjective. 相当 quite, rather; 格外 especially (more than usual); 极其 extremely (formal); 过于 too, overly (a criticism). Spoken 可 makes it strong: 可好吃了 so tasty!, 可不行 no way. 较 means "fairly" in writing: 较远.

今天格外冷，多穿一件衣服吧。 **jīntiān géwài lěng duō chuān yí jiàn yīfu ba** It's especially cold today. Put on an extra layer.

这个工作相当辛苦。 **zhège gōngzuò xiāngdāng xīnkǔ** This job is pretty tough.

你对自己的要求过于严格了。 **nǐ duì zìjǐ de yāoqiú guòyú yángé le** You're too hard on yourself.

这家店的菜可好吃了！ **zhè jiā diàn de cài kě hǎochī le** The food at this place is so good!

dialogue after class

teacher wang 安娜，你今天上课似乎有点儿累。
Ānnà nǐ jīntiān shàngkè sìhū yǒudiǎnr lèi · Anna, you seemed a bit tired in class today.

anna 王老师，公司最近特别忙，我每天都熬夜，晚上又失眠。这种情况已经持续两个星期了。
Wánglǎoshī gōngsī zuìjìn tèbié máng wǒ měi tiān dōu áoyè wǎnshang yòu shīmián zhè zhǒng qíngkuàng yǐjīng chíxù liǎng gè xīngqī le · Teacher Wang, work has been crazy lately. I stay up late every night and then I can't sleep. It's been going on for two weeks.

teacher wang 这样可不行！你已经累到这种程度了。一直缺乏睡眠，对身体和心理都有害。
zhèyàng kě bùxíng nǐ yǐjīng lèi dào zhè zhǒng chéngdù le yìzhí quēfá shuìmián duì shēntǐ hé xīnlǐ dōu yǒu hài · That won't do! Look how worn out you are. Going short of sleep all the time is bad for body and mind.

anna 我知道，可是我的情绪老是很紧张。躺在床上，大脑还在想工作。
wǒ zhīdào kěshì wǒ de qíngxù lǎoshì hěn jǐnzhāng tǎng zài chuáng shàng dànǎo hái zài xiǎng gōngzuò · I know, but I'm always on edge. Even lying in bed, my brain is still on work.

teacher wang 你对自己的要求太高了。适当放松一下，工作反而做得更好。
nǐ duì zìjǐ de yāoqiú tài gāo le shìdàng fàngsōng yíxià gōngzuò fǎnér zuò de gèng hǎo · You expect too much of yourself. Relax a little and you'll actually work better.

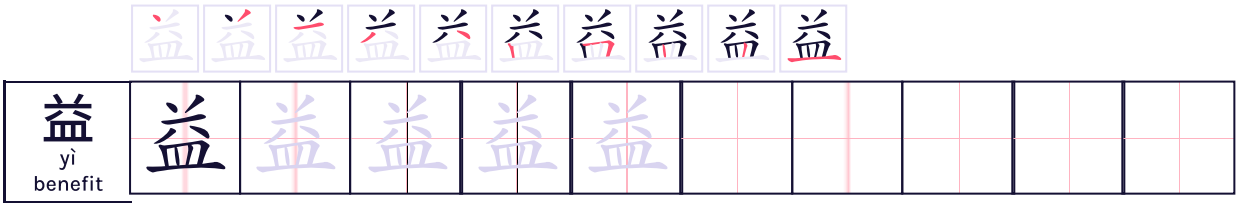
anna 您说得对。其实林经理的要求也不过分，是我自己太着急了。
nín shuō de duì qíshí Línjīnglǐ de yāoqiú yě bú guòfèn shì wǒ zìjǐ tài zháojí le · You're right. Actually, Manager Lin doesn't ask too much. I'm the one rushing.

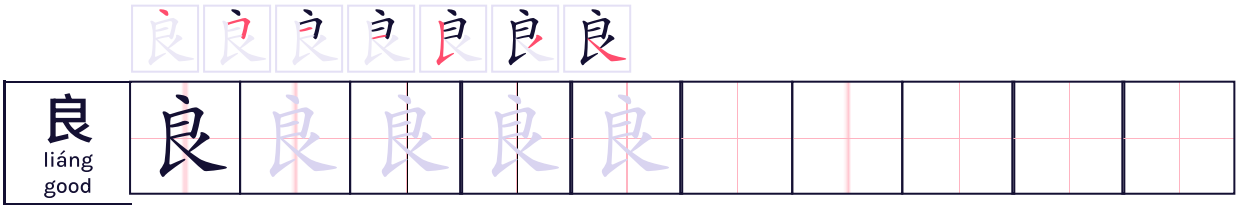
teacher wang 睡觉以前别看手机，听听音乐。每天要保证充足的睡眠，周末多去公园走走，对身体和心情都有益。
shuìjiào yǐqián bié kàn shǒujī tīng ting yīnyuè měi tiān yào bǎozhèng chōngzú de shuìmián zhōumò duō qù gōngyuán zǒu zou duì shēntǐ hé xīnqíng dōu yǒuyì · No phone before bed; listen to some music. Make sure you get plenty of sleep, and go for walks in the park at weekends. It's good for body and mood.

anna 我同小明也聊过，他说要定期运动。
wǒ tóng Xiǎomíng yě liáo guo tā shuō yào dìngqī yùndòng · I talked to Xiaoming about it too. He says I should exercise regularly.

teacher wang 对，心态最重要。只要心态良好，压力就没那么可怕了。
duì xīntài zuì zhòngyào zhǐyào xīntài liánghǎo yālì jiù méi nàme kěpà le · Exactly. Your attitude matters most. With a good attitude, stress isn't so scary.

write it trace the grey, then write your own





good to know · 过于 and 过分 both mean "too much", but 过分 is about behaviour going too far: 你太过分了！ That's out of line! 熬夜 is "staying up late", often for work or study. 熬 first meant simmering something for a long time.

Now you can talk honestly about stress and sleep, and give a friend some kind, sensible advice.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 28 keeping fit

Make a fitness plan, give tips on doing it right, and warn “do this, otherwise…”.

Morning runs, park workouts and weight-loss apps are part of everyday life in Chinese cities.

words

word	pinyin	meaning	example
减肥	jiǎnféi	to lose weight	我想减肥，所以晚上不吃米饭了。 I want to lose weight, so I’ve stopped eating rice in the evening.
身材	shēncái	figure, build	他身材很高，很适合打篮球。 He’s tall, perfect for basketball.
姿势	zīshì	posture, position	你看书的姿势不对，对眼睛不好。 You’re reading in the wrong position. It’s bad for your eyes.
不然	bùrán	otherwise	快走吧，不然要迟到了。 Let’s go, or we’ll be late.
要不	yàobù	otherwise; how about	天气这么好，要不我们去爬山吧? It’s such lovely weather. How about we go hiking?
保持	bǎochí	to keep, maintain	他每天跑步，一直保持着好身材。 He runs every day and has always stayed in good shape.
维持	wéichí	to maintain, keep going	这些钱只{zhi3}够维持一个月的生活。 This money will only last a month.
防	fáng	to guard against	这件衣服可以防水。 This jacket is waterproof.
防止	fángzhǐ	to prevent	开车慢一点儿，防止发生事故。 Drive slowly to avoid accidents.
保	bǎo	to keep, protect; to promise	按时吃药，保你三天就好。 Take your medicine on time and I promise you’ll be fine in three days.
确保	quèbǎo	to ensure, make sure	出发以前要确保车里有足够的汽油。 Before you set off, make sure there’s enough petrol in the car.
守	shǒu	to guard, stay by; to keep	他每天守在病房里照顾妈妈。 He stays in the ward every day looking after his mum.
不良	bùliáng	bad, unhealthy	长期熬夜是一种不良习惯。 Staying up late all the time is a bad habit.
长期	chángqī	long-term	长期坐着工作，对腰不好。 Sitting at work for years is bad for your back.
短期	duǎnqī	short-term	这只{zhi3}是一个短期的计划。 This is only a short-term plan.
反复	fǎnfù	again and again; to recur	这个动作要反复练习。 You have to practise this move over and over.
连续	liánxù	in a row, continuous	他已经连续工作了十个小时。 He’s been working for ten hours straight.

抓	zhuā	to grab, catch; to scratch	孩子突然抓住了我的手。 The child suddenly grabbed my hand.
摇	yáo	to shake, rock	他摇了摇头，说：“我不去。” He shook his head and said, “I’m not going.”
挥	huī	to wave	她朝我挥了挥手。 She waved at me.
滚	gǔn	to roll	球滚到桌子下面去了。 The ball rolled under the table.
平衡	pínghéng	balance; balanced	工作和生活要保持平衡。 You need to keep a balance between work and life.
稳定	wěndìng	stable, steady	他的病情已经稳定了。 His condition is stable now.
力量	lìliàng	strength, power	这个练习可以让你的腿更有力量。 This exercise will make your legs stronger.
阶段	jiēduàn	stage, phase	这个阶段最重要的是休息。 At this stage, rest is what matters most.

pattern ……，不然 / 要不然……: otherwise

what to do ，不然 / 要不然 what will happen

First say what someone should do, then 不然 or 要不然 + the bad result if they don’t: 快走吧，不然会迟到. 要不 also works, and at the start of a sentence 要不 means “how about…?”: 要不我们一起去?

多穿一件衣服，不然会着凉的。 **duō chuān yí jiàn yīfu bùrán huì zháoliáng de** Put on another layer, or you’ll catch a chill.

我们得出发了，要不然会迟到。 **wǒmen děi chūfā le yào bùrán huì chídào** We have to go now, otherwise we’ll be late.

你最好去医院看看，不然病情会更严重。 **nǐ zuìhǎo qù yīyuàn kàn kan bùrán bìngqíng huì gèng yánzhòng** You’d better see a doctor, or it’ll get worse.

早上风大，戴上帽子防风，要不然会头疼。 **zǎoshang fēng dà dài shàng màozi fáng fēng yào bùrán huì tóu téng** It’s windy in the mornings. Wear a hat against the wind, or you’ll get a headache.

dialogue the morning run

xiaoming 安娜，我决定减肥了！我每天坐着工作，又有很多不良习惯，身材越来越差，再不运动就不得了了。

Ānnà wǒ juédìng jiǎnféi le wǒ měi tiān zuò zhe gōngzuò yòu yǒu hěn duō bùliáng xíguàn shēncái yuè lái yuè chà zài bú yùndòng jiù bùdéliǎo le · Anna, I've decided to lose weight! I sit at work all day, I've got loads of bad habits, and I'm getting more and more out of shape. If I don't start exercising, I'm in trouble.

anna 好啊！要不我们每天早上一起跑步？

hǎo a yàobù wǒmen měi tiān zǎoshang yìqǐ pǎobù · Great! How about we go running together every morning?

xiaoming 我们或是早上跑步，或是晚上去健身房，你选吧。

wǒmen huòshì zǎoshang pǎobù huòshì wǎnshang qù jiànshēnfáng nǐ xuǎn ba · We could either run in the morning or go to the gym in the evening. You choose.

anna 早上吧，空气好。不过你跑步的姿势得改一改：身体别摇来摇去，不然容易伤到腰。

zǎoshang ba kōngqì hǎo búguò nǐ pǎobù de zīshì děi gǎi yi gai shēntǐ bié yáo lái yáo qù bùrán róngyì shāng dào yāo · Mornings. The air's better. But you need to fix your running style: stop swaying about, or you'll hurt your back.

xiaoming 你看我这样对不对？手这样挥，身体保持平衡，腿上要有力量。

nǐ kàn wǒ zhèyàng duì bu duì shǒu zhèyàng huī shēntǐ bǎochí pínghéng tuǐ shàng yào yǒu lìliàng · Is this right? Swing the arms like this, keep the body balanced, and push with the legs.

anna 对！刚开始要确保速度稳定，别跑得太快。

duì gāng kāishǐ yào quèbǎo sùdù wěndìng bié pǎo de tài kuài · That's it! At first, make sure you keep a steady pace. Don't go too fast.

xiaoming 明白。第一个阶段先跑两公里，动作反复练习，以后再慢慢加。

míngbai dì yī gè jiēduàn xiān pǎo liǎng gōnglǐ dòngzuò fǎnfù liànxí yǐhòu zài màn màn jiā · Got it. Stage one: two kilometres, practising the moves again and again, then slowly build up.

anna 一旦养成了习惯，就不会觉得辛苦了。

yídàn yǎngchéng le xíguàn jiù bú huì juéde xīnkǔ le · Once it's a habit, it won't feel like hard work.

xiaoming 那你得每天来叫我起床，要不然我肯定起不来！

nà nǐ děi měi tiān lái jiào wǒ qǐchuáng yào bùrán wǒ kěndìng qǐ bu lái · Then you'll have to come and wake me up every day, or I'll never get up!

anna 没问题！我每天七点在你家楼下守着，保你起得来！

méi wèntí wǒ měi tiān qī diǎn zài nǐ jiā lóu xià shǒu zhe bǎo nǐ qǐ de lái · No problem! I'll be waiting outside your building at seven every day. I promise you'll get up!

write it trace the grey, then write your own

势
shì
position; force

挥
huī
to wave

good to know · 保持 and 维持 both mean "keep". 保持 is keeping something good (保持好身材); 维持 is keeping something going, often with effort (维持生活). Many Chinese parks are full at dawn: people run, dance, practise tai chi and walk backwards for their health.

A plan, a warning and a promise: you're ready to be someone's workout buddy in Chinese.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 29 feeling good

Talk about feelings, faces and courage, and say “however hard it is, still…”.

Encouraging a friend, or telling your own story of a hard time, is real, deep conversation.

words

word	pinyin	meaning	example
乐观	lèguān	optimistic	她是一个很乐观的人。 She’s a very optimistic person.
消极	xiāojí	negative, passive	别总是这么消极，事情没那么糟。 Don’t be so negative. Things aren’t that bad.
向上	xiàngshàng	upward; to strive upward	他是一个积极向上的年轻人。 He’s a positive, go-getting young man.
精神	jīngshen	spirit; lively, energetic	休息了一会儿，我又有精神了。 After a short rest, I feel full of beans again.
微笑	wēixiào	to smile; smile	她总是微笑着跟大家打招呼。 She always greets everyone with a smile.
眼泪	yǎnlèi	tears	听到这个消息，她流下了眼泪。 When she heard the news, she burst into tears.
泪	lèi	tear(s)	他笑得眼{=eye}里都有泪了。 He laughed so hard there were tears in his eyes.
泪水	lèishuǐ	tears	她的脸上全是泪水。 Her face was wet with tears.
表情	biǎoqíng	(facial) expression	看他的表情，就知道他很紧张。 One look at his face and you can tell he’s nervous.
脸色	liǎnsè	complexion; the look on a face	你脸色不太好，是不是不舒服? You look a bit pale. Are you feeling ill?
目光	mùguāng	gaze, look	妈妈的目光总是那么温暖。 Mum’s gaze is always so warm.
敏感	mǐngǎn	sensitive	他对别人的看法很敏感。 He’s very sensitive to what other people think.
情感	qínggǎn	emotion, feelings	这个故事里有很深的情感。 There’s deep feeling in this story.
克服	kèfú	to overcome	他克服了很多困难，终于成功了。 He overcame lots of difficulties and finally made it.
勇气	yǒngqì	courage	说出自己的想法需要勇气。 It takes courage to say what you really think.
坚强	jiānqiáng	strong (in spirit), tough	她是一个很坚强的女孩子。 She’s a very strong girl.
艰苦	jiānkǔ	hard, tough (conditions)	他小时候的生活很艰苦。 He had a hard life as a child.
承受	chéngshòu	to bear, endure	他承受了很大的压力。 He’s been under enormous pressure.

自觉	zìjué	self-motivated; aware	孩子们很自觉，每天自己做作业。 The children are very self-motivated and do their homework on their own every day.
决心	juéxīn	determination; to resolve	他下决心每天早上跑步。 He's made up his mind to run every morning.
期待	qīdài	to look forward to	我很期待下{=next}个月的旅行。 I'm really looking forward to next month's trip.
强烈	qiángliè	strong, intense	下午的阳光很强烈，出门要注意。 The afternoon sun is fierce. Take care when you go out.
明显	míngxiǎn	obvious, clear	吃了药以后，他明显好多了。 Since taking the medicine he's clearly much better.
犹豫	yóuyù	to hesitate; hesitant	别犹豫了，快决定吧！ Stop dithering and make up your mind!
惊喜	jīngxǐ	pleasant surprise	生日那天，朋友们给了我一个大惊喜。 On my birthday my friends gave me a big surprise.

pattern 再……也……: however ..., still ...

再 | adjective or verb | ，(subject) 也 | still the same

再 + adjective sets the extreme case, and 也 says nothing changes: 再累也要吃饭 however tired you are, you still have to eat. You can also say 再 + adjective + 的 + noun: 再难的事 however hard a thing.

工作再忙，我也会给妈妈打电话。 **gōngzuò zài máng wǒ yě huì gěi māma dǎ diànhuà** However busy work gets, I still call my mum.

天气再冷，他也坚持每天跑步。 **tiānqì zài lěng tā yě jiānchí měi tiān pǎobù** However cold it is, he still runs every day.

再好的朋友，也会有矛盾。 **zài hǎo de péngyou yě huì yǒu máodùn** Even the best of friends fall out sometimes.

dialogue professor sun's story

zhao yang 孙教授，大家都说您特别乐观。您年轻的时候生活很艰苦吗?
Sūnjiàoshòu dàjiā dōu shuō nín tèbié lèguān nín niánqīng de shíhou shēnghuó hěn jiānkǔ ma · Professor Sun, everyone says you're a real optimist. Was life hard when you were young?

professor sun 是啊。那时候家里条件很差，可是再苦再累，我也没放弃学习。
shì a nà shíhou jiā lǐ tiáojiàn hěn chà kěshì zài kǔ zài lèi wǒ yě méi fàngqì xuéxí · It was. My family had very little, but however hard and tiring it got, I never gave up studying.

anna 您那时候有没有犹豫过?
nín nà shíhou yǒu méiyǒu yóuyù guo · Did you ever have doubts back then?

professor sun 当然犹豫过。不过我下了决心，一定要考上大学。
dāngrán yóuyù guo búguò wǒ xià le juéxīn yídìng yào kǎo shàng dàxué · Of course. But I made up my mind that I would get into university.

zhao yang 据说您第一次没考上?
jùshuō nín dì yī cì méi kǎo shàng · Apparently you didn't pass the first time?

professor sun 对。那天我一个人流了很多泪，可是第二天又有精神了。人要坚强，也要学会承受失败。
duì nà tiān wǒ yí gè rén liú le hěn duō lèi kěshì dì èr tiān yòu yǒu jīngshen le rén yào jiānqiáng yě yào xué huì chéngshòu shībài · That's right. I cried a lot that day, on my own, but the next day I had my spirit back. You have to be strong, and learn to take failure.

anna 您说这些的时候，表情那么平静，目光那么温暖。
nín shuō zhèxiē de shíhou biǎoqíng nàme píngjìng mùguāng nàme wēnnuǎn · When you talk about it, your face is so calm and your eyes so warm.

professor sun 每个人都有消极的时候。只要积极向上，困难总能克服。
měi gè rén dōu yǒu xiāojí de shíhou zhǐyào jījí xiàngshàng kùnnan zǒng néng kèfú · Everyone has low moments. As long as you stay positive and keep aiming higher, you can always get through.

zhao yang 最后，您对年轻人有什么期待?
zuìhòu nín duì niánqīng rén yǒu shénme qīdài · Finally, what do you hope for from young people?

professor sun 我期待他们自觉地学习，快乐地生活。
wǒ qīdài tāmen zìjué de xuéxí kuàilè de shēnghuó · I hope they'll learn because they want to, and live happily.

write it trace the grey, then write your own

神
shen
spirit

泪
lèi
tear(s)

艰
jiān
difficult



承 chéng to bear, to hold up	承	承	承	承	承					

good to know · 积极 and 消极 are opposites: positive and negative, in mood or in action. 积极向上 is a common way to praise someone's outlook. 精神 jīngshén is spirit; 精神 jīngshen (light second syllable) is an adjective, "lively, full of energy": 你今天真精神!

Courage, tears and smiles: you can now listen to someone's life story, and tell your own.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 30 mission: a week of good habits

Follow a whole week of good intentions, a bad day, a small accident and a happy ending.

Health, sleep, stress and feelings all mix together in a normal week, so here they come together in one story.

chapter 1 monday: the plan

anna 从今天开始，我们保持一个星期的好习惯，怎么样？
cóng jīntiān kāishǐ wǒmen bǎochí yí gè xīngqī de hǎo xíguàn zěnmeyàng · From today, let's keep up good habits for a whole week. What do you say?

xiaoming 好！第一，每天十一点以前睡觉，不熬夜。
hǎo dì yī měi tiān shíyī diǎn yǐqián shuìjiào bù áoyè · Deal! One: in bed by eleven every night, no late nights.

anna 第二，睡觉以前不看手机，要不然我又会失眠。
dì èr shuìjiào yǐqián bú kàn shǒujī yàobùrán wǒ yòu huì shīmián · Two: no phone before bed, otherwise I'll be awake all night again.

xiaoming 第三，早上一起跑步，再累也要去。
dì sān zǎoshang yìqǐ pǎobù zài lèi yě yào qù · Three: run together every morning, however tired we are.

anna 第四，按时吃饭，别再忘了。这是我的老毛病。
dì sì ànshí chī fàn bié zài wàng le zhè shì wǒ de lǎo máobìng · Four: eat at proper times and don't forget. That's my old weakness.

xiaoming 第五，改掉不良的饮食习惯。减肥不是短期的事，好身材要长期维持。
dì wǔ gǎi diào bùliáng de yǐnshí xíguàn jiǎnféi bú shì duǎnqī de shì hǎo shēncái yào chángqī wéichí · Five: drop bad eating habits. Losing weight isn't a quick fix: a good figure takes keeping up over the long term.

anna 你看，李医生的医院在网上发了一篇文章，我读给你听：
nǐ kàn Lǐyīshēng de yīyuàn zài wǎngshang fā le yì piān wénzhāng wǒ dú gěi nǐ tīng · Look, Dr Li's hospital has put an article online. Let me read it to you:

anna "睡眠对人体极其重要。长期缺乏睡眠，大脑和心理都会受到伤害，情绪也不稳定。医生建议：每天保证充足的睡眠，定期运动，但是不要过度；运动以前要做准备活动，防止受伤。只要心态良好，压力就不会持续太久。"
shuìmián duì réntǐ jíqí zhòngyào chángqī quēfá shuìmián dànǎo hé xīnlǐ dōu huì shòudào shānghài qíngxù yě bù wěndìng yīshēng jiànyì měi tiān bǎozhèng chōngzú de shuìmián dìngqī yùndòng dànshì búyào guòdù yùndòng yǐqián yào zuò zhǔnbèi huódòng fángzhǐ shòushāng zhǐyào xīntài liánghǎo yālì jiù bú huì chíxù tài jiǔ · "Sleep is extremely important for the human body. Long-term lack of sleep harms both the brain and the mind, and makes your mood unstable. Doctors advise: get enough sleep every day and exercise regularly, but don't overdo it; warm up before exercise to prevent injury. As long as your attitude is good, stress won't last long."

xiaoming 说得对。我们每天跑步要确保足够的时间。要不我们晚上互相发消息，看谁先睡？
shuō de duì wǒmen měi tiān pǎobù yào quèbǎo zúgòu de shíjiān yàobù wǒmen wǎnshang hùxiāng fā xiāoxi kàn shéi xiān shuì · Quite right. We need to make sure we leave enough time for running every day. How about we message each other at night, to see who goes to bed first?

xiaoming 一旦有人做不到，就请大家吃饭！
yídàn yǒu rén zuò bu dào jiù qǐng dàjiā chī fàn · If anyone breaks the rules, they buy everyone dinner!

chapter 2 wednesday: a hard day

manager lin 安娜，这个工作明天就要，你今天晚上能不能加班？
Ānnà zhège gōngzuò míngtiān jiù yào nǐ jīntiān wǎnshang néng bu néng jiābān · Anna, this job is due tomorrow. Could you stay late tonight?

anna 林经理，我这个星期在保持好的睡眠习惯。我明天早上七点来，可以吗？
Línjīnglǐ wǒ zhège xīngqī zài bǎochí hǎo de shuìmián xíguàn wǒ míngtiān zǎoshang qī diǎn lái kěyǐ ma · Manager Lin, I'm keeping good sleep habits this week. Could I come in at seven tomorrow morning?

manager lin 七点？你似乎是认真的。
qī diǎn nǐ sìhū shì rènzhēn de · Seven? You seem to be serious.

anna 是的。上次连续熬夜，我的精力明显差了很多，效果反而不好。今天我的体力和精神都相当好。
shì de shàng cì liánxù áoyè wǒ de jīnglì míngxiǎn chà le hěn duō xiàoguǒ fǎnér bù hǎo jīntiān wǒ de tǐlì hé jīngshen dōu xiāngdāng hǎo · I am. Last time I stayed up night after night, I had much less energy, and the work actually got worse. Today I've got plenty of energy, body and mind.

manager lin 看你的表情，似乎真的很开心。你这几天仿佛年轻了五岁！
kàn nǐ de biǎoqíng sìhū zhēn de hěn kāixīn nǐ zhè jǐ tiān fǎngfú niánqīng le wǔ suì · From the look on your face, you really do seem happy. These last few days you look five years younger!

manager lin 以前让你加班到半夜，是我过分了。加班到这种程度，对谁都没有好处。
yǐqián ràng nǐ jiābān dào bànyè shì wǒ guòfèn le jiābān dào zhè zhǒng chéngdù duì shéi dōu méiyǒu hǎochù · Making you work until midnight before was too much of me. Overtime to that degree is no good for anyone.

anna 您别这么说。是我对自己要求过于严格了。
nín bié zhème shuō shì wǒ duì zìjǐ yāoqiú guòyú yángé le · Please don't say that. I was the one being too strict with myself.

manager lin 你说得对。只要明天十点以前做好就行，不然今天你又要熬夜了。
nǐ shuō de duì zhǐyào míngtiān shí diǎn yǐqián zuò hǎo jiù xíng bùrán jīntiān nǐ yòu yào áoyè le · Fair enough. As long as it's done before ten tomorrow: otherwise you'll be up all night again.

anna 谢谢林经理！我保你十点以前做好。
xièxie Línjīnglǐ wǒ bǎo nǐ shí diǎn yǐqián zuò hǎo · Thank you, Manager Lin! I promise it'll be done before ten.

chapter 3 friday: a small accident

xiaoming 哎呀！我的脚疼得不得了！疼死了！

āiyā wǒ de jiǎo téng de bùdéliǎo téng sǐ le · Ow! My foot really hurts! It's killing me!

anna 别动，我扶着你。你刚才跑得太快了，地上又滑。

bié dòng wǒ fú zhe nǐ nǐ gāngcái pǎo de tài kuài le dì shàng yòu huá · Don't move, I've got you. You were running too fast just now, and the ground's slippery.

xiaoming 我太想快一点儿减肥了。刚才我挥着手跑，身体摇得很厉害，一下子就滚到了草地上。

wǒ tài xiǎng kuài yìdiǎnr jiǎnféi le gāngcái wǒ huī zhe shǒu pǎo shēntǐ yáo de hěn lìhai yíxiàzi jiù gǔn dào le cǎodì shàng · I wanted to lose weight too quickly. I was running with my arms swinging, my body rocking all over the place, and suddenly I rolled onto the grass.

anna 你出了好多汗水，呼吸也很快。别用力，把脚伸出来我看看。

nǐ chū le hǎoduō hànshuǐ hūxī yě hěn kuài bié yònglì bǎ jiǎo shēn chulai wǒ kàn kan · You're dripping with sweat and breathing fast. Don't push: stretch your foot out and let me see.

xiaoming 我是不是得叫救护车？

wǒ shì bu shì děi jiào jiùhùchē · Do I need an ambulance?

anna 没那么紧急。你抓住我的手，慢慢站起来，保持平衡。我们去医院让李医生看看吧，不然我不放心。

méi nàme jǐnjí nǐ zhuā zhù wǒ de shǒu màn màn zhàn qǐlai bǎochí pínghéng wǒmen qù yīyuàn ràng Lǐyīshēng kàn kan ba bùrán wǒ bú fàngxīn · It's not that urgent. Grab my hand, stand up slowly and keep your balance. Let's get your dad to look at it at the hospital, or I'll worry.

anna 我们先去门诊挂号吧。

wǒmen xiān qù ménzhěn guàhào ba · Let's register at outpatients first.

dr li 我摸一下……没什么大问题，是肌肉受了一点儿伤，不用做手术，也不用住病房。休息三天就好了。

wǒ mō yíxià méi shénme dà wèntí shì jīròu shòu le yìdiǎnr shāng búyòng zuò shǒushù yě búyòng zhù bìngfáng xiūxi sān tiān jiù hǎo le · Let me feel... It's nothing serious: you've hurt a muscle a little. No operation, no ward. Rest for three days and you'll be fine.

xiaoming 爸爸，吃药会不会让我胃不舒服？

bàba chī yào huì bu huì ràng wǒ wèi bù shūfu · Dad, will the medicine upset my stomach?

dr li 不会，饭后吃，好消化。你的病情不严重，过两天疼痛就会缓解。

bú huì fàn hòu chī hǎo xiāohuà nǐ de bìngqíng bù yánzhòng guò liǎng tiān téngtòng jiù huì huǎnjiě · No, take it after meals and it goes down easily. Your condition isn't serious: in a couple of days the pain will ease.

dr li 你跑步的姿势有问题，腰上用的力量太大了。这个阶段先慢慢走，反复练习，等稳定了再跑。运动要适当，过度运动对身体有害。

nǐ pǎobù de zīshì yǒu wèntí yāo shàng yòng de lìliàng tài dà le zhège jiēduàn xiān màn màn zǒu fǎnfù liànxí děng wěndìng le zài pǎo yùndòng yào shìdàng guòdù yùndòng duì shēntǐ yǒu hài · Your running posture is the problem: you put too much force through your lower back. For this stage, walk slowly, practise again and again, and run again once you're steady. Exercise in moderation: too much is bad for you.

dr li 我再给你开一点儿中药。中医也说，预防比治疗更重要，预防疾病，要从每天的小事开始。

wǒ zài gěi nǐ kāi yìdiǎnr zhōngyào zhōngyī yě shuō yùfáng bǐ zhìliáo gèng zhòngyào yùfáng jíbìng yào cóng měi tiān de xiǎo shì kāishǐ · I'll give you a little Chinese medicine as well. Chinese medicine says it too: prevention is better than cure, and preventing illness starts with small things.

anna 这三天我来看着他，不让他跑步！

zhè sān tiān wǒ lái kān zhe tā bú ràng tā pǎobù · I'll keep watch on him for these three days and not let him run!

chapter 4 sunday: the result

ms zhang 来，吃饭吧！今天我做了很多蔬菜，又健康又好吃。
lái chī fàn ba jīntiān wǒ zuò le hěn duō shūcài yòu jiànkāng yòu hǎochī · Come and eat! I've made lots of vegetables today, healthy and delicious.

xiaoming 妈妈，我这个星期瘦了一公斤！
māma wǒ zhège xīngqī shòu le yì gōngjīn · Mum, I lost a kilo this week!

ms zhang 真的？你的脸色也明显好多了，格外有精神。你们这个星期真自觉！
zhēn de nǐ de liǎnsè yě míngxiǎn hǎo duō le géwài yǒu jīngshen nǐmen zhège xīngqī zhēn zìjué · Really? You look much better too, really full of life. You two have been so self-disciplined this week!

anna 这个星期我一次都没失眠，心情特别平静。一开始我还犹豫过，可是下了决心，再难也要坚持。
zhège xīngqī wǒ yí cì dōu méi shīmián xīnqíng tèbié píngjìng yì kāishǐ wǒ hái yóuyù guo kěshì xià le juéxīn zài nán yě yào jiānchí · I didn't have a single sleepless night this week, and I feel so calm. At first I had my doubts, but I made up my mind to keep going however hard it got.

xiaoming 不过我的脚受了伤，三天没跑步。受伤的时候我差点儿流眼泪，不过我很坚强。
búguò wǒ de jiǎo shòu le shāng sān tiān méi pǎobù shòushāng de shíhou wǒ chàdiǎnr liú yǎnlèi búguò wǒ hěn jiānqiáng · But I hurt my foot and missed three days of running. I nearly cried when it happened, but I was tough.

ms zhang 哈哈，你小时候打针也是这个表情。
hā hā nǐ xiǎoshíhou dǎzhēn yě shì zhège biǎoqíng · Ha ha, you pulled the same face when you had injections as a little boy.

dr li 运动对心理和身体都有益。你们的心态很乐观，这是最重要的。
yùndòng duì xīnlǐ hé shēntǐ dōu yǒuyì nǐmen de xīntài hěn lèguān zhè shì zuì zhòngyào de · Exercise is good for the mind and the body. You both have a positive attitude, and that's what matters most.

little sister 下个星期我也参加！我期待了很久了。
xià gè xīngqī wǒ yě cānjiā wǒ qīdài le hěn jiǔ le · Next week I'm joining in! I've been looking forward to it for ages.

anna 好啊！对了，阿姨，我给您准备了一个惊喜：这是我做的蛋糕，没有放糖。
hǎo a duì le āyí wǒ gěi nín zhǔnbèi le yí gè jīngxǐ zhè shì wǒ zuò de dàngāo méiyǒu fàng táng · Great! Oh, Auntie, I've got a surprise for you: a cake I made, with no sugar.

ms zhang 太好了！你看小明的目光，他早就想吃了。
tài hǎo le nǐ kàn Xiǎomíng de mùguāng tā zǎo jiù xiǎng chī le · Lovely! Look at the way Xiaoming is eyeing it: he's been dying to eat it.

anna 所以按我们的规定，今天小明请大家吃饭！
suǒyǐ àn wǒmen de guīdìng jīntiān Xiǎomíng qǐng dàjiā chī fàn · And by our rules, Xiaoming buys everyone dinner today!

ms zhang 哈哈，好！这顿饭就在家里吃吧。
hā hā hǎo zhè dùn fàn jiù zài jiā lǐ chī ba · Ha ha, fine! Then this dinner can be right here at home.

chapter 5 the next monday: on camera

zhao yang 安娜，听说你们完成了“好习惯一星期”，我想问你几个问题。
Ānnà tīngshuō nǐmen wánchéng le hǎo xíguàn yì xīngqī wǒ xiǎng wèn nǐ jǐ gè wèntí · Anna, I hear you two completed “a week of good habits”. I’d like to ask you a few questions.

anna 好啊。说真的，一开始我有点儿消极，觉得一个星期太长了。
hǎo a shuō zhēn de yì kāishǐ wǒ yǒudiǎnr xiāojí juéde yí gè xīngqī tài cháng le · Sure. Honestly, at first I was a bit negative: a week felt far too long.

zhao yang 什么时候最痛苦?
shénme shíhou zuì tòngkǔ · When was it hardest?

anna 星期三。工作压力相当大，我差点儿又熬夜。不过我克服了。
xīngqīsān gōngzuò yālì xiāngdāng dà wǒ chàdiǎnr yòu áoyè búguò wǒ kèfú le · Wednesday. The pressure at work was intense, and I nearly stayed up late again. But I got through it.

zhao yang 小明受伤的时候，你紧张吗?
Xiǎomíng shòushāng de shíhou nǐ jǐnzhāng ma · When Xiaoming got hurt, were you worried?

anna 紧张极了。我还以为要叫救护车，送他去急诊呢！后来李医生说没事，我高兴得流下了泪水。
jǐnzhāng jí le wǒ hái yǐwéi yào jiào jiùhùchē sòng tā qù jízhěn ne hòulái Lǐyīshēng shuō méishì wǒ gāoxìng de liú xià le lèishuǐ · Terribly. I thought we’d have to call an ambulance and rush him to A&E! When Dr Li said he was fine, I cried with relief.

zhao yang 最近流感很多，你没着凉吧?
zuìjìn liúgǎn hěn duō nǐ méi zháoliáng ba · There’s a lot of flu about. You haven’t caught a chill, have you?

anna 没有。以前我常常胃疼、腰疼，现在身体好多了。
méiyǒu yǐqián wǒ chángcháng wèi téng yāo téng xiànzài shēntǐ hǎo duō le · No. I used to get stomach aches and backache a lot, but I’m much healthier now.

zhao yang 哈哈，那就好。这次你学到了什么?
hā hā nà jiù hǎo zhè cì nǐ xué dào le shénme · Ha ha, good to hear. What have you learnt this time?

anna 好习惯需要勇气，也需要坚持。再忙也要睡好、吃好。
hǎo xíguàn xūyào yǒngqì yě xūyào jiānchí zài máng yě yào shuì hǎo chī hǎo · Good habits take courage, and they take staying power. However busy you are, sleep well and eat well.

zhao yang 最后，对看视频的朋友说一句吧。
zuìhòu duì kàn shìpín de péngyou shuō yí jù ba · Finally, say something to the people watching.

anna 大家要积极向上，微笑着面对每一天！
dàjiā yào jījí xiàngshàng wēixiào zhe miànduì měi yì tiān · Stay positive, everyone, and meet every day with a smile!

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