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Vocabulary: fitness 词汇：健身

It's very common these days for people to have a **gym regime**. Whatever the drive behind it, whether health-related, performance-related or just plain **vainglory**, it is not uncommon for people to take some sort of regular exercise each week.

But if you've never done it before, what's the best way to go about it? Well, many people make use of a PT – that's a personal trainer. This might be because they're **wet behind the ears** or maybe they just don't want the **aggro** of designing their own workout plan. A PT will create a **bespoke** plan for you based on your aims. They will tailor it to your current abilities and, better still, they will teach you how to move in a way that won't **incapacitate** you.

However, the **trade-off** with a PT is the price. Each hourly session can be **steep** considering the **double whammy** of having to pay both the PT and membership of the gym, too. If you are at all **strapped for cash** then regular sessions might be out of your budget.

So what's left? Well, if you have the grit for it, you can make your own regime. It's relatively easy to do if you have the **know-how**. But before you do, here are some basic pointers.

First, keep your fitness goal in mind. Are you looking to **slim down, bulk up, get shredded** or increase your abilities? Whatever it is, make sure the things you choose to do are in pursuit of that goal. Next, do your research. These days, social media is chock-full of fitness videos and advice. Watch as many of these as possible, but make sure to be a little critical of them – everyone has a different **physique** and what works for one may not work for another. Finally, **keep your feet on the ground**. Be patient with yourself and set realistic goals – it takes at least three months to see any realistic body changes. And don't be **overzealous** – never work in pain – a good workout is difficult and challenging, but never painful. Pain means you are damaging yourself.

If nothing else, focus on **calisthenics** – these are the basic body movements which everyone can do anywhere, even at home. They include **squats, push-ups, pull-ups** and **crunches**, among other things. Do as many of one exercise as you can without stopping, and then try and repeat that number twice more – make sure you sweat, and don't forget to rest for a minute in between!

## 词汇表

<b>gym regime</b>	健身计划、健身方法
<b>vainglory</b>	虚荣心
<b>wet behind the ears</b>	无所适从的、毫无经验的
<b>aggro</b>	麻烦
<b>bespoke</b>	量身定制的
<b>incapacitate</b>	使人无法做…
<b>trade-off</b>	妥协、让步
<b>steep</b>	价格极高的（口语）
<b>double whammy</b>	雪上加霜，双重打击
<b>strapped for cash</b>	手头紧
<b>know-how</b>	专业知识
<b>slim down</b>	变得苗条、瘦下来
<b>bulk up</b>	变得更壮
<b>shredded</b>	肌肉线条分明的（口语）
<b>physique</b>	体格
<b>keep your feet on the ground</b>	脚踏实地
<b>overzealous</b>	过度热衷的
<b>calisthenics</b>	健美操
<b>squat</b>	蹲起运动
<b>push-up</b>	俯卧撑
<b>pull-up</b>	引体向上
<b>crunch</b>	仰卧起坐

## 测验与练习

### 1. 阅读课文并回答问题。

1. What reasons do people have for following a gym regime?
2. Why might people make use of a PT?
3. What types of fitness goals do people have to keep in mind when making a plan?
4. Why is social media a good place to look for exercise plans?
5. In what way should you keep your feet on the ground?

### 2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I've never lifted weights at the gym. I only do \_\_\_\_\_ to keep fit. That's how our bodies are designed.

aggro	push-ups	calisthenics	vainglory
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2. Sorry, kids. I'll have to take you to the cinema next week. I'm a little bit \_\_\_\_\_ at the moment, so I can't afford it.

trade-off	steep	wet behind the ears	strapped for cash
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3. The advantage is that you'll be much closer to work, but the \_\_\_\_\_ is that you'll be paying a lot more rent. Do you think it's worth it?

bespoke	trade-off	the know-how	physique
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4. If you have any computer problems, ask John. He's the one with \_\_\_\_\_. He can fix any problem

the know-how	double whammy	incapacitate	crunches
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5. Hi. It's my first day and I'm very \_\_\_\_\_. Can you help me with this computer system?

shredded	regime	aggro	wet behind the ears
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## 答案

### 1. 阅读课文并回答问题。

1. What reasons do people have for following a gym regime?  
**health related reasons, performance related reasons or just plain vainglory**
2. Why might people make use of a PT?  
**Either they're wet behind the ears or they don't want the aggro of designing their own work out plan**
3. What types of fitness goals do people have to keep in mind when making a plan?  
**slim down, bulk up, get shredded or increase their abilities**
4. Why is social media a good place to look for exercise plans?  
**These days, social media is chock-full of fitness videos and advice.**
5. In what way should you keep your feet on the ground?  
**Be patient with yourself, set realistic goals and don't be overzealous.**

### 2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I've never lifted weights at the gym. I only do **calisthenics** to keep fit. That's how our bodies are designed.
2. Sorry, kids. I'll have to take you to the cinema next week. I'm a little bit **strapped for cash** at the moment, so I can't afford it.
3. The advantage is that you'll be much closer to work, but the **trade-off** is that you'll be paying a lot more rent. Do you think it's worth it?
4. If you have any computer problems, ask John. He's the one with **the know-how**. He can fix any problem
5. Hi. It's my first day and I'm very **wet behind the ears**. Can you help me with this computer system?