
BBC LEARNING ENGLISH

Authentic Real English 道地英語

Fitspiration

健康生活的動力



- 關於臺詞的備註:
這不是廣播節目的逐字稿件，本文稿可能沒有體現錄製、編輯過程中對節目做出的改變。

Rob

Welcome to Authentic Real English, with me, Rob.

Jiaying

And me, Jiaying.

Rob

Are you a fitness fanatic? Well, this new word might be useful to you – it's 'fitspiration'. It's when something or someone motivates you to get fit.

Jiaying

That sounds interesting. 單字“fitspiration”的前半部分是“fit（健康的）”，它來自名詞“fitness（健康）”，Rob，那“fitspiration”的後半部分“spiration”來自哪個字呢？

Rob

Well, that comes from the word 'inspiration' which describes an enthusiasm to do something after seeing someone else do it. So, fitspiration relates to being inspired to get fit. It's an example of two words combined to make one – we call that a portmanteau word.

Jiaying

原來，合成字“fitspiration”是由“fitness”的前半部分和“inspiration（鼓舞，啟發）”的後半部分“spiraton”組成，意思就是“想要鍛煉、健身的動力”，比如說：我的智慧手錶可以告訴我我跑得多快，燃燒了多少卡路里，那我可不可以說：“My smartwatch gives me fitspiration.”？

Rob

Yes. Anything that encourages you to improve your fitness. But I don't use technology, I prefer a personal trainer to tell me what to do and how to do it.

Jiaying

請私人“健身教練（personal trainer）”指導你健身，唉，效果好嗎？

Rob

Yes. I completed a half marathon recently – so you could say I achieved it because of fitspiration.

Jiaying

Congratulations! Let's hear some examples.

Examples

Watching the Olympics on TV has given me the fitspiration to start running again.

I've got a new app on my smartphone that has given me the fitspiration to eat more healthily.

I've found a great instructor who's given me the fitspiration to improve my swimming technique.

Jiaying

你正在收聽的是 BBC 英語教學的“道地英語”節目，剛剛我們介紹了合成字“fitspiration”的來源、含義和用法，我們用“fitspiration”來談論一個人或事物激起了我們“想要通過鍛煉身體來改善身體狀況的動力”。

Rob

You might see images or videos on social media that inspire you to get fit or to eat healthier. These are all examples of fitspiration.

Jiaying

記住，“fitspiration”是合成字，由“fitness（健康）”的前半部分“fit”和“inspiration（鼓舞，激勵，啟發）”的後半部分“spiration”組成，也有人使用它的縮略形式——“fitspo”。

Rob

And it's a very informal word.

Jiaying

Well, all this talk of fitness has inspired to me to go the gym. See you next time!

Rob

Oh, don't forget your phone – you might need it for some fitspiration.

Jiaying

Thanks. Bye.

Rob

Bye-bye.