

## LESSON SEVEN

### TALK ABOUT HEALTH

A: Hi, William, how are you doing? You are breathing heavily, what did you do?

你好，威廉，进来可好？你喘大气，干嘛去啦？

W: I have just done running exercise.

我刚跑完步。

A: That's good. That's why you are in good shape.

真棒，怪不得你身材棒棒的。

W: Yes, thanks you. You know, we have to do exercise regularly to keep ourselves in good condition.

谢谢！你知道，我们必须经常锻炼来保持身体健康。

A: William, can you share with me your experiences to keep in good health, you know it is more important than anything else for us seniors to keep in health.

威廉，你能和我分享你保持健康的经验吗？你知道，对我们老年人来说，保持健康比什么都重要。

W: It is my pleasure. **You see**, to keep ourselves in good condition, in my opinion, first of all, it is to keep ourselves in good mood (mindset), that is to say, being optimistic and grateful, thinking in positive way more than in negative, don't worry too much, believe that everything, good or bad, will pass by in the end. After retirement, only health is our priority.

很高兴与你分享。就我的看法，要保持健康，首先，要有一个正常的心态。那就是说，要保持乐观感恩的心态，遇事从正面去思考而不是负面去思考。不要太多担心。要相信，不管好的事情，坏的事情终究会过去。退了休，健康就是第一需要。

A: It sounds complicated. I only understand eat well, sleep well and have funs as many as possible.

听上去好复杂，我仅知道吃好，睡好和开心就好。

W: You are right. But that is not enough, we need doing exercises regularly and properly.

你说的对。但这还不够，我们需要恰当的经常锻炼。

A: I don't like doing exercises, it is boring and tiring.

我不喜欢锻炼，又烦又累。

W: Nothing is easy. **No pain no gain.**

没有什么事情是容易的，没有付出就没有收获。

A: You **make sense**. Tell me more about your experiences.

你说的有道理。在给我说说你的经验。

W: Doing exercises, have good rest, including sleep well, and eat well. Eat well does not means to eat as much good as possible, but eat in scientific way.

锻炼，休息好，包括睡好，吃好，吃好不是说有什么好吃的就吃，而是科学的吃。

A: Thank you. I'll learn how to keep myself in good mindset first.

谢谢，我得先学会怎样建立良好的心态。

W: Yes, **Well begun is half done**. Only persistence can make it.

对啦，良好的开端是成功的一半。只有坚持才能成功。

Tips:

1. Ing 与 ed 构词意义不同

I am interested in growing vegetables.

He is funny, he is interesting. (teasing)

I am bored with his gossip.

This story is boring.

2. Keep 的常用短语

Keep up, keep in, keep out, keep on, keep off

Keep off the grass! 请勿践踏草地!

Keep on doing and you'll make it!

坚持努力你就会成功!

How are you keeping up? 你进来可好?

Keep in, Keep in the news to yourself. 这个消息你自己知道为止。

Keep out of, Keep out of the reach of children. 放在小孩拿不到的地方。

Keep up with, We'll have to keep up with them or we'll lost in the forest. 我们必须赶上他们，否则我们会迷路的。

Homework

1. 用 Keep 短语动词造两个句子
2. 用同一个动词的 ed 形式和 ing 形式写两个不同的句子
3. 熟读课文
4. 提一个问题

