

《地道英语：在健身房常用的词汇和对话》

A: hey, you look great! how's everything?

S: yeah, you know what?I've been going to the club regularly. The training really pays off. Now I am in a good shape and I know more about how to keep fit?

A: really? tell me about it. I haven't gone to the club for a long time. I am too busy with work?

S: it's important to do proper exercises?

A: you're right. Too much or too little won't do any good?

S: the trainer tells me, besides regular sports activities, I should also have a healthy and balanced diet?

A: sounds reasonable?

S: we should eat more vegetables instead of junk food to stay energetic?

A: and fruits!

S: surely it is. Getting enough sleep is also crucial for fitness?

A: I've heard that. Does your trainer tell you anything about keeping fit?

S: yeah, he advises me to stay in a good mood. That can help one to keep sound physical health?

A: I think if you follow your trainer's advice,you'll be on the right track?

S: you bet it!

pay off ??????????

of a plan or an action, especially one that involves risk ?????????? to be successful and bring good results
???????????

The gamble paid off. ??????

be on track

to be doing the right thing in order to achieve a particular result ????????

Curtis is on track for the gold medal. ????????????

You bet it! ????????

I'm going to the gym./???????

A: I need to keep fit and get more exercise?

A: ??????????????

B: I know what you mean. It can be difficult to find the time to keep fit?

B: ??????????????????????

A: I know. I never have enough time to do anything?

A: ??????????????????

B: Maybe you should try going to the Sports Club at the hotel. There's a good gym there?

B: ??????????????????????

A: You're right. That's a good idea. I can go there easily?

A: ??????????????????

B: It's a good way to keep fit. Go once a week if you can?

B: ??????????????????

A: Right. I'm going to the gym, every week from now on?

A: ??????????????????

Notes ??

1. If you want to talk about how much, or how little time you have, you can say various things, e.g. It can be difficult to find the time. I never have enough time to??

????????????????????????????????????It can be difficult to find the time. (????????) I never have enough time to.??(?????????????.??)

2. To suggest something to someone, you can say Maybe you should.. e. g. Maybe you should go to the gym?

?????????????????Maybe you should??(?????.??)?????Maybe you should go to the gym. (???????????)

