

《【OMG】美语：减肥 (lose weight)》

1) lay off the (food) ???(??)

I need to lay off the cookies. I think I've gained a little weight! ??????????. ??????!

2) willpower ???

I don't have the willpower to stop eating cookies!! ??????????????????????

3) juice cleanse ????

Juice cleanses ?????????????????????????????????????????????????????????????

4) hit the gym ????

I'll hit the gym and work out every day! That way I can keep eating cookies! ?????????????????????????????????????

