

zhìshǎo

1. Yǒusīshíwù hěn guì. Tāmen zhìshǎo yīnggāi gei wǒmen dǎzhé. (Organic food is very expensive. They should at least give us a discount.)
2. Bálí lí lūndún zhìshǎo èr bai yīnglǐ mǐ yuán. (Paris is at least 200 miles distance from London)
3. Wǒ qù jiànshēngfáng zhìshǎo sān cì yī gè xīngqī. (I go to the gym at least 3 times a week.)

rěnbuzhù

1. Wǒ rěnbuzhù pāi zhào yī gè xióngmāo hé zuò yī gè luòtuó. (I can't wait to take a picture of a panda and to ride a camel.)
2. Tā rěnbuzhù qù yǒuyǎngcāo gēn tā pèngyou. (She can't wait to go to aerobics with her friend.)
3. Tā rěnbuzhù kàn jiànshēn de xiàoguǒ. (She cannot wait to see the results from the workout)

shuāngguǎnqíxià

1. Tā mǎi le yī gè xīn bao hé kāishǐ qù yújià, shuāngguǎnqíxià gǎishàn tā de xīnqíng. (She bought a new purse and started going to yoga, using two methods at the same time to improve her mood.)
2. Wǒmen zuò yùndòng hé bù chī kuàicān, shuāngguǎnqíxià jiǎnféi. (We don't eat fast food and do exercises, using two methods

at the same time to lose weight.)

zhùzhòng/zhòngshì

1. Tā yùndòng de shìhòu zhùzhòng nàilì. (when he works out he emphasises the endurance.)

2. Tā xué zhōngwén de shìhòu zhòngshì xué chéngyù. (She emphasises on learning idioms when she studies chinese)

3. Tāmen zu yī gè gongyu de shìhòu, zhǔyào zhùzhòng yǒu hěn měi fēngjǐng. (When they rent an apartment they emphasise on having a beautiful view.)

yàome... yàome/búshì... jiùshì

1. Tā yàome xué zhōngwén, yàome xué xibanyawén. Tā míngquè shì yī gè yǔyánmǐ. (She either studies chinese or studies spanish. She clearly is a language fan.)

2. Wàimian búshì xià yǔ, jiùshì xià xuě. Tiānqì hěn méijìn. (If it doesn't rain outside, it snows. The weather is boring.)

3. Tā búshì dà lánqiú, jiùshì jǔzhòng. Tā xǐhuan nàilì yùndòng. (If he doesn't play basketball, he will lift weights. He likes endurance exercise.)

4. Wǒ nǚr yàome wàng tāde qiánbao, yàome shīqù tāde shǒujī. Tā bùlǐ zěnmē zuò. (My daughter either forgets her wallet, or loses her phone. She doesn't pay attention to what she does.)

yuèláiyuè

1. Yīqián wǒ renwei liúbīng hěn nan, kèshì yuèláiyuè xíguàn le. Xianzài wǒ shì yī gè nèiháng. (Before I thought that ice skating is difficult, but gradually I got used to it. Now I am an expert.)

2. Yóuyú wǒ zhōngwen laoshi hěnhǎo de fāngfǎ, wǒ yuèláiyuè kāishǐ shuō zhōngwen. (Because of my chinese teacher's good methods, I gradually started speaking chinese.)

3. Tā jiànshēn de shihòu zhǔyào kào jiānchí. Zhè gè fāngfǎ yuèláiyuè fādá tāde jīròu. (When he works out, he mainly relies on resistance. This method gradually developed his muscles.)

bàntúérfèi

1. Tā kāishǐ xué huáxuěbàn, kèshì liǎng gè xīngqī yīhòu tā juédìng tiānqī hěn leng. Tā bàntúérfèi xué huáxuěbàn. (He started to learn snowboarding, but two weeks later he decided that the weather is too cold. He gave up halfway to learn snowboarding.)

2. Xiān tāmen bàn gè yuè pǎobù le hé qùle yǒuyǎngcāo. (First they ran and went to aerobics for half a month) Tāmen jiǎnféi le wu jīn. (They lost 5 kilograms.) Kèshì rán hòu tāmen juédìng jiànshēn tai nan. (But then they decided that working out is too difficult.) Tāmen bàntúérfèi jiǎn tāmen de jiùshēngquān. (They gave up half way to lose their 'lifepreservers'.)

tuījiàn yùndòng

Wǒ zuì xīhuan de yùndòng shì zǒulu, yinwei zǒulu shì yī gè zìrán de dòng. (My favorite exercise is walking, because walking is a natural movement.) Zǒulu de shihòu nǐ keyi kàn fēngjǐng, tīng

yinyue hé shuō shǒujī zhōng. (While walking, you can look at views, listen to music and speak on the phone.) Nǐ hái keyi xué zhōngwén duìhuà. (You can even study chinese dialogues.) Suoyi zǒulu bù méijìn. (Therefore, walking is not boring.)

Zǒulu bù shì nán hé bù shì lìliàng de yùndòng. (Walking is not difficult and is not an exercise for power) Danshi yuèláiyuè fādá tuǐde jīrou. (However it gradually develops the leg muscles.) Jì niánqīng de rén keyi zuò zhè ge yùndòng, yòu niándà de rén hái keyi (Not only young people can do this exercise, but also old people can). Suoyi zǒulu keyi gǎijīn suoyou zānmén de xīnqíng! (Therefore walking can improve the mood of everyone of us.)