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. Balí lí lūndún zhìshǎo èr bai yingli mǐ yuán. (Paris is at least 200 miles distance from London)

3. Wǒ qù jiànshēngfáng zhìshǎo sān ci 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 luòtuo. (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 xin 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 shihòu zhùzhòng nàilì. (when he works out he emphaisises the endurance.)

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

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

yàome… yàome/búshì… jiùshì

1. Tā yàome xué zhōngwen, yàome xué xibanyawen. 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. Tiānqī hěn méijìn. (If it doesn't rain outside, it snows. The weather is boring.)

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

4. Wǒ nǔer yàome wang tāde qiánbao, yàome shīqù tāde shǒujī. Tā bùlǐ zěnme 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 liūbīng 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 maily relies on resistance. This method gradually developed his musles.)

bàntúérfèi

1. Tā kāishǐ xué huáxuěbàn, kèshì liǎng gè xīngqī yīhòu tā juedìng 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 juedìng 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 zui xīhuan de yùndòng shi zǒulu, yinwei zǒulu shi yī gè zìràn de dong. (My favorite exercise is walking, because walking is a natural movement.) Zǒulu de shihòu nǐ keyi kàn fēngjǐng, ting yinyue hé shuō shǒujī zhōng. (While walking, you can look at views, listen to music and speak on the phone.) Nǐ hai keyi xué zhōngwen duìhuà. (You can even study chinese dialogues.) Suoyi zǒulu bù méijìn. (Therefore, walking is not boring.)

Zǒulu bù shì nan 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 mustles.) Jì niánqing de rén keyi zuò zhè ge yùndòng, yòu niándà de rén hai keyi (Not only young people can do this exercise, but also old people can). Suoyi zǒulu keyi gaǐjīn suoyou zanmen de xīnqíng! (Therefore walking can improve the mood of everyone of us.)